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## Elements plans five Puget Sound fitness centers

Puget Sound Business Journal (Seattle) - April 20, 2007 by [Jeff Meisner](#)

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A chain of fitness-and-diet clubs for women called **Elements** plans to open a new location "in the Bellevue area" in the fall, with four more to follow in "the ensuing months," said Chris Palumbo, Elements' founder.

The four new fitness centers will also be in the Seattle area and will offer diet coaching, yoga and Pilates, private exercise sessions and cardio and strength training.



Miami Beach, Fla.-based Elements has fitness centers in Boston, Atlanta and Charlotte, N.C.

The new Puget Sound region locations are part of an international expansion that will see the company open about 40 new fitness centers from New York City to Mumbai (Bombay), India.