



DIAKADI Announces Expanded San Francisco Facility and New Cutting Edge Equipment

Award Winning Personal Training Gym Now the Single Largest and Most Comprehensive Facility in San Francisco

San Francisco, CA April 09, 2015 --(PR.com)-- [DIAKADI](http://DIAKADI.com), San Francisco's most comprehensive fitness, performance, and life facility, today announced it has expanded its SOMA headquarters by an additional 2,400 square feet, making space for new equipment, including an obstacle course, speed training tools and small group training facility. The expansion comes on the heels of explosive growth for the facility, which was recently voted the "Best Gym" and "Best Personal Training Center" in the Bay Area for the eleventh year in a row by City Voter's Bay Area A- List Awards.

DIAKADI's newly expanded space has the same open and inspirational feel as its current facility, with an old-school gymnasium twist. With the expansion, DIAKADI will be introducing small group training sessions and will begin hosting continuing education seminars with two of the nation's leading fitness educators, The National Academy of Sports Medicine (NASM) and The CHEK Institute. From the reclaimed basketball bleachers to the climbing ropes, the new space combines a classic gym feel with the industry's cutting edge training tools, including:

- An obstacle course training center complete with monkey bars, a climbing cargo net, gymnastic peg boards and sand bags;
- Athlete speed training tools, including a Keiser Functional Trainer, an expansive new section of training turf and a VibePlate;
- CrossFit-inspired training equipment from Olympic lifting platforms to Rogue dog sleds, sledge hammers, gymnast rings and tires; and
- A boxing training area with heavy, double-ended and speed bags, gloves and kickboxing pads

DIAKADI will be celebrating its newly expanded space and continued recognition as the top training center in the Bay Area with a party on Thursday, April 23 from 6:00 to 8:00pm PST. Join us for complimentary appetizers and drinks, check out the new studio and mingle with San Francisco's best personal trainers

"I am so excited to open our new space to DIAKADI's trainers and clients," said Billy Polson (CSCS), founder of DIAKADI. "With the expansion, we're now the single largest and most comprehensive personal training center in San Francisco, and are looking forward to continuing to provide the ultimate training center, education opportunities and business development support for the city's top trainers."

DIAKADI provides truly individualized personal training by helping clients to develop an intelligent plan to achieve their ideal body and lifestyle. This style of one-on-one training has resonated with clients and trainers alike, and DIAKADI has continued to attract and support the most experienced personal trainers in the Bay Area.



About DIAKADI

DIAKADI Fitness Performance Life is San Francisco's most comprehensive, one-stop-shop fitness and wellness facility. Since opening in 2004 as San Francisco's largest personal training-only facility, owners Billy Polson and Mike Clausen have worked diligently to gather a portfolio of San Francisco's premiere wellness services.

The key distinction of the facility is definitely its personal training. DIAKADI has been recognized to have a team of the best personal trainers in the city based on their custom-design, detailed assessments and individualized programs for all types and levels of clients. The facility hosts a team of the most educated trainers in San Francisco and offers a fully encompassing list of services such as a Registered Dietician, an Organic Personal Chef, Physical Therapy, and Massage Therapy, with each individual service at a premium level in quality. DIAKADI has all the amenities of a Five-Star General Membership Facility including complimentary parking, laundry service and locker room amenities including complimentary towel service, fruit, coffee and tea.

For eleven years straight, DIAKADI Fitness Performance Life has received leading accolades including being named the Best Place to Get Fit by San Francisco Magazine, declared to have the Top Personal Trainers in the Bay Area by the San Francisco Chronicle, and voted the Best Personal Trainers and Best Health Club by CitySearch and Bay Area A-List.



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