



2019 Business of the Year Nomination

Nominated Business: Forward Fitness

Owner(s): Mike & Suzanne Klaus

Nomination

Forward Fitness exemplifies a successful small business; respected within their industry; trusted by their clients, and beloved within their community.

Supporting Examples

- FF is tireless in delivering superior service to their members. It's not uncommon to get personal emails, texts, and/or handwritten cards checking in. Mike and Suzanne put a huge emphasis on both being and hiring approachable trainers who make training safe, challenging, and fun.
- The safety of their members is of paramount concern and there is meticulous attention given to proper form. Trainers attend seminars, workshops, and other continuing education platforms to stay at the forefront of all of the best practices in their industry.
- Building community within their business and beyond is one of their key values. Forward Fitness hosts gatherings geared at fitness or just having fun- both for their members and for the community, usually free or by donation for a charity. Examples include:
 - Annual Thanksgiving Celebration
 - Annual Breast Workout Ever (Breast Cancer fundraiser)
 - Head for a Cure Workout (Brain Cancer fundraiser)
 - Fundraiser Workout to support a member's cancer fight
 - Community Workouts in the park
 - Sponsorship/ Training Groups for local runs
 - Hiking Outings, Barbeques, and more.
- Mike and Suzanne are well known, liked, and respected within Maplewood and Richmond Heights. They personally commit time and resources to the Chamber and community. Some examples include:
 - Mike serves as a Chamber Board Member, Member of the Ambassador Committee, and key volunteer for Taste of Maplewood
 - FF coordinates and sponsors a group of volunteers for the Taste of Maplewood
 - Mike and Suzanne have helped MRH Schools with their Capstone night and other initiatives
 - They are frequent sponsors of local events like Ryan Hummert 5K, Chamber Trivia Night, Mosaic Run,
 - They regularly attend events and celebrations that support their fellow small businesses.