

FOR IMMEDIATE RELEASE
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Quality Wellness Performance & Coaching Launches Downtown Columbus Studio

A new fitness studio, bridging preventative care and health & wellness opens as part of the City-sponsored Ground Floor Growth Initiative

(Columbus, OH) – Quality Wellness Performance & Coaching, founded by veteran coach Quincy Williams, will celebrate their grand opening for the new Downtown Columbus studio on Monday, April 14th from 4-6 p.m. at 117 N. High St with a ribbon cutting, class demos and blood pressure screenings. Located at the corner of High & Long Streets, Quality Wellness brings holistic wellness and functional training experiences that aim to complement primary healthcare, a unique front line of preventative care.

Quality Wellness will be the fourth business to open in Phase I of the [Ground Floor Growth Initiative](#), led by Columbus City Councilmember Nicholas J. Bankston alongside Downtown Columbus, Inc. and the Columbus Empowerment Corporation. The program is designed to lower the barriers for small, minority- and women-owned businesses to open shop in Downtown Columbus.

“Our mission is to empower individuals from all walks of life to experience and sustain peak health and wellness,” said Quincy Williams, founder and TRX Master Instructor. “We want people to leave our training sessions feeling stronger, more confident and better prepared for everyday life.”

The new Downtown studio will celebrate their launch week April 14-18, featuring free trial classes, wellness workshops and health assessments. Plus, founding members will get a 15% discount for a limited time.

“Downtown is everyone’s neighborhood, and with the opening of Quality Wellness, we’re continuing to build a city where everyone sees themselves reflected in the heart of Columbus,” said Councilmember Nicholas J. Bankston. “By investing in businesses like Quality Wellness through the Ground Floor Growth Initiative, we’re prioritizing health equity, economic opportunity and intentional inclusion. Quality Wellness is more than a business, and the Ground Floor Growth Initiative is more than a program — they are a symbol of what’s possible when we intentionally invest in communities and provide opportunity for small businesses to thrive.”

Quality Wellness will be located at 117 N High St. with morning and evening classes Monday – Friday from 6 a.m. – 7 p.m. and Saturday – Sunday from 8 a.m. – 12 p.m.

In addition to small group classes and personal training, Quality Wellness offers corporate wellness solutions, fitness education for coaches, health & wellness focused workshops and community-building events. The studio’s Functional Training Focus emphasizes efficient movement that maximizes strength, mobility, stability and injury prevention.

As the fourth business to open as part of the Ground Floor Growth Initiative, Quality Wellness Performance & Coaching is filling a key gap in the Downtown retail landscape for residents and employees in the area, contributing to the walkability and density of the Gay Street corridor.

“There’s no question that Quality Wellness will play a big role in enhancing life for those who live and work Downtown,” said Amy Taylor, President of Downtown Columbus, Inc. “People want wellness and a sense of welcome, and Quality Wellness delivers both by building strength and community within their walls while contributing energy to the neighborhood beyond them.”

More information on Quality Wellness Performance & Coaching can be found at <https://www.qwcolumbus.com/>

More information on Ground Floor Growth and other businesses involved in the program can be found at <https://downtowncolumbus.com/projects-initiatives/ground-floor-growth-project/>

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ABOUT CITY OF COLUMBUS

The City of Columbus is the 14th largest city in the United States, with a population of 892,533 residents. The Columbus economy is balanced with a combination of education, technology, government, research, insurance and health care entities as major employers within the City. Columbus is gaining nationwide recognition for its booming downtown, historic neighborhoods, arts and sporting districts, open attitude, and a noticeably affordable quality of life. Under the leadership of Andrew J. Ginther, the City of Columbus has been named "America's Opportunity City." By banding together with labor, business, faith, and community leaders in every neighborhood to expand equity and promote prosperity, Mayor Ginther is committed to making Columbus the very best community in the country.

ABOUT QUALITY WELLNESS PERFORMANCE & COACHING

Quality Wellness Performance & Coaching was established to create a community-focused hub for functional training, health & wellness, and preventative care. Led by Quincy Williams, who has over 20 years of experience, Quality Wellness aims to unite individuals, trainers, and healthcare advocates for a future where staying active and healthy is accessible to all.

ABOUT DOWNTOWN COLUMBUS, INC.

Downtown Columbus, Inc. is a private nonprofit organization whose mission is to lead city-changing projects and collaborations that improve the connectivity, livability, and inclusivity of the Downtown Columbus experience. Downtown Columbus, Inc. drives development and progress of the Downtown Columbus Strategic Plan, working across sectors toward the vision for Downtown Columbus to become a neighborhood of connected, people-first urban districts that can be enjoyed by all. Learn more at downtowncolumbus.com.

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