

## OLIVIA FORTSON

OBSERVATIONS FROM CHARLOTTE'S SOCIAL SCENE

TUESDAY, AUGUST 20, 2013

## Making Charlotte more beautiful



Liz Hilliard and her daughter Clary are definitely doing their part to make Charlotte more beautiful. The successful businesswomen light up any room they're in with their passion for the healthy, positive lifestyle they promote through the fitness regime they created called The Hilliard Studio Method. Approachable, kind, inspiring and supremely fit, they are the best advertisement for their business.

In honor of their studio moving to a new location on Fenton Place off Providence Road near uptown, they're offering free classes Aug. 22-24 only. Class size is limited, so you absolutely must register in advance. You might see a waiting list for classes, but Liz says not to let that discourage you because people change their minds and move to other classes, so be patient and maybe you'll luck up with a spot.

For details about their fitness philosophy, their healthy lifestyle tips and to register for one of the classes, go to [www.hilliardstudiomethod.com](http://www.hilliardstudiomethod.com).

To see Liz in action making one of the Hilliard Studio Method signature smoothies on WCNC-TV's Charlotte Today show, go to [www.wcnc.com/charlotte-today/Energy-smoothie-189214421.html](http://www.wcnc.com/charlotte-today/Energy-smoothie-189214421.html).

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