

GEARS COMPANY HIGHLIGHT

ECS EXERCISE

Ed Stickter has the vision of being more than a gym. Since 2015 he's created a network of individuals called to serve one another and those in need through dedication to charity and unity in the community. Ed's plan is to save lives, build happy, healthy families, spread hope, and ensure the community that he and his personal trainers will be right by their sides. They raise an average of \$10,000 per year for local charities through fundraiser exercise and wellness classes.



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Through the GEARS program I have gained valuable knowledge on business development, marketing, strategy, public relations, advertising & result tracking.

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Think
DUTCHESS



HUDSON VALLEY
CENTER FOR INNOVATION