

All of my entrepreneurial friends that are on the coast, I'm actively recruiting them to move to Detroit.

If you are a startup there's opportunities here, there's affordable space here, there's grants here.

I like to be the native Detroit waving their flag like 'come all, new look Detroit and old, we have a place for you.'

My name is Amina Daniel, and Live Cycle Delight is here for you to unlock your best potential.

I was always the only person of color in my yoga classes and I wasn't treated really well.

We have all been isolated and know what it's like to not feel included.

So I wanted an environment to be created where everyone felt like they were a part, and for it to be accessible.

Just trying to knock down all the barriers and take that 't' off the c-a-n and make it an "I can."

This is how we become more diverse and this is kind of how people break down stereotypes.

I have a woman who is 65, she was in our 7 a.m. class, Joanne, she has beat cancer twice.

Joanne is here 6 days a week and she is so grateful to choose to live.

So it's really an opportunity to let go, whether it's your cycling class or your TRX class. We are so connected to technology and our phones that it is a great time to really disconnect and turn inwards and tap into your better is what I like to say.

I really believe in Detroit, I believe in the revitalization of Detroit.

And Live Cycle Delight is available for all of those new people moving into Detroit who are interested in living a healthier lifestyle and want to tap into their better.

So we are here for them.