

	Press Room
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Anytime Fitness opens in Dixon; now sharing little known fitness insights that every person needs to know

Anytime Fitness is pleased to announce the opening of their newest location in Dixon, the community's first and only 24-hour health club.

"Anytime Fitness not only offers a clean, friendly, and comfortable environment, but more importantly will be sharing with members some of the most valuable, little known insights about fitness", says Jim Hall, co-owner. "It's true," Hall continues, "that staying fit and healthy requires action, but even many people who exercise regularly are often times unaware of little-known details that would give them even greater results. We plan on exposing this information to our members in the hope of improving their overall health, their well-being, and their lives". Hall went on to say that if you've ever wondered about the true fitness impact of the latest exercise fads, pill, or workout equipment advertised on TV, or... wanted to know why certain routines didn't work for you, or... want to become lean and strong but don't have a lot of time, then you'll consider this information a "must-have".

At Anytime Fitness, members can workout any time of the day or night. Members have full use of state-of-the-art strength training and cardiovascular equipment. At no extra charge, Anytime Fitness also offers membership reciprocity among all 500+ chosen franchise locations nationwide.

General membership information is available at www.anytimefitness.com.

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About Anytime Fitness

Anytime Fitness began franchising in 2002 and now has more than 500 franchise locations. By 2007, Anytime Fitness projects at least 750 franchises will be sold both in the U.S. and internationally. Within five years, the expected growth rate is predicted to hit the 1,500 mark. www.anytimefitness.com.