



Anytime Fitness Press Release

FOR IMMEDIATE RELEASE

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May is “Exercise IS Medicine” Month.

Anytime Fitness will offer special deals, hotlines to new members in May.

Anytime Fitness of Dixon is pleased to announce that it will celebrate “Exercise IS Medicine Month” by offering special, new member discounts for anyone who joins the club during the month of May.

“Exercise IS Medicine” is a global campaign, sponsored by the American College of Sports Medicine, designed to help people treat and cure medical conditions through simple exercise routines. Anytime Fitness is the only health club chain to be designated a “Founding Partner” in the campaign.

Throughout the month of May, the Anytime Fitness club located at 2600 Plaza Court will offer new members who join the club will receive \$0 enrollment. In addition:

- All new members who join in May will be eligible for free consultations with orthopedic specialists, to help assess their health and rehabilitation needs, via an online hotline.
- All new members will receive free access to AnytimeHealth.com, a new interactive website featuring exercise videos, healthy recipes and nutritional information, diet trackers, a medical encyclopedia, healthy lifestyle blogs, and an online nutritional store.
- Free 7-day passes to Anytime Fitness are available at www.anytimefitness.com.

Anytime Fitness club owner, Jim Hall says, “We feel passionate about helping people improve their health so that they can enjoy life to the fullest extent. A regular exercise routine is the simplest and least expensive way to get started down that path. Exercise truly is the best medicine.”

About Anytime Fitness

Open 24/7, Anytime Fitness provides its nearly 1,000,000 members with convenient and affordable fitness options in more than 1,300 friendly, well-maintained facilities featuring top-quality equipment. Join one club and you can use them all – at no extra charge.