

**FOR IMMEDIATE RELEASE:**

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**Contact:**

Sam and Melissa Trimble

410.308.BFIT

timoniumMD@anytimefitness.com

**Anytime Fitness to open a new club in Fairgrounds Plaza, Timonium***Lease signed for the world's fastest-growing 24-hour co-ed fitness club*

Working out is about to get a lot easier! No more excuses about an inconvenient gym location or limited hours, Anytime Fitness is coming to Timonium.

New Anytime Fitness franchisees, Sam and Melissa Trimble, confirmed that they have signed a lease for a 4,500-square-foot space and plan to build a gym in the Fairgrounds Plaza Shopping Center. The target date for the club's grand opening is late spring/early summer.

"What differentiates Anytime Fitness from other clubs is our focus on helping members get the *results* that they're seeking," Trimble said. "We're small enough that we can provide personalized attention for all of our members. Whether weight-loss is your goal, or increased strength or improved balanced and flexibility – or a combination – we're committed to helping you achieve those goals."

Nationwide, the average Anytime Fitness club has 800 members. The gyms are staffed 12 hours a day, but members can access the club whenever they like – even during unstaffed hours – using a computerized key-fob system.

"We make it easy for our members to exercise whenever and however they like," explained Trimble. "We'll have personal trainers available to help you learn how to use all of the equipment and to develop an individualized workout plan, if you like. We'll also have a 'Fitness on Request' system that allows members to choose from dozens of video classes whenever it's most convenient for them."

Membership at one Anytime Fitness club gives members access to 2,400 clubs worldwide, as well as access to [www.AnytimeHealth.com](http://www.AnytimeHealth.com), the most comprehensive online wellness support system available.

The layout of each club is designed for quick and effective exercise. At the Anytime Fitness club in Timonium, members will have full use of top-quality equipment and amenities, including:

- Circuit and resistance training machines
- LifeFitness Synrgy360
- Premium Iron Grip Free weights
- Cardio equipment, including treadmills, elliptical machines, Arc Trainers and stationary bikes
- Group fitness classes, including TRX Premier, yoga, barre, "Mommy and Me"
- "Fitness on Request," kiosk-based video group fitness
- Private bathrooms, changing rooms and showers

Before its opening, Anytime Fitness is offering FREE enrollment and their lowest rates ever to the first 100 members! Membership information is available by calling 410.308.BFIT or by emailing [timoniumMD@anytimefitness.com](mailto:timoniumMD@anytimefitness.com).

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### **About Anytime Fitness**

Founded in 2002, Anytime Fitness is the fastest-growing fitness club franchise in the world, with 2,400 clubs serving nearly 2 million members on five continents. Open 24 hours a day, 365 days a year, Anytime Fitness prides itself on providing its members with convenient and affordable fitness options in friendly, well-maintained facilities that feature top-quality exercise equipment. Clubs are open in all 50 states, Canada, Mexico, Australia, New Zealand, England, Scotland, Ireland, Grand Cayman, Poland, the Netherlands, Spain, Qatar, India, Chile, Japan and Singapore. All franchised gyms are individually owned and operated. Join one club and use them all. Members also enjoy free access to [AnytimeHealth.com](http://AnytimeHealth.com), the most comprehensive wellness website available.