

FOR IMMEDIATE RELEASE:

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**Anytime Fitness is offering “Free Workout Saturdays” throughout May***Free outdoor fitness classes, four Saturdays in a row, at Belle Johnston Lake Park in Pineville*

PINEVILLE, NORTH CAROLINA– Get ready for some outdoor fitness fun! Anytime Fitness of Pineville is hosting fun-infused exercises like tug-of-war, relay races, and more at Belle Johnston Lake Park from 8:30am till 9:30am every Saturday during the month of May.

The four consecutive “Free Workout Saturdays” (May 7th, 14th, 21st and 28th) will be led by certified personal trainers or gym staff members and they are designed for people of every fitness level. The workout classes are open to all adults, not just Anytime Fitness members. The concept, inspired by the grassroots efforts of a few Anytime Fitness clubs that regularly offer free outdoor “boot camps,” has grown into a nationwide campaign to promote physical fitness.

“We want our community to be as healthy and active as possible – and we hope that our Free Workout Saturdays will show everyone that exercise can be fun,” said Susan Gilder, owner of Anytime Fitness. “We hope this will jumpstart and motivate people to continue on their own personal fitness journeys.”

The Anytime Fitness gym in **Pineville** is one of approximately 1,000 Anytime Fitness clubs across the United States that will host the free outdoor exercise classes.

WHAT: Free Workout Saturdays

WHEN: **Belle Johnston Park** (1000 Lake Park Dr, Pineville)

TIME: 8:30am

WHO: People of every fitness level

ALSO PLEASE NOTE: Participants should wear comfortable clothing and tennis shoes, and bring a water bottle.

FREE WORKOUT SATURDAY VIDEO: <https://www.youtube.com/watch?v=RCdy6cJQc-0&feature=youtu.be>

“At Anytime Fitness, we’re passionate about helping people get to a healthier place,” said Susan Gilder, Owner of Anytime Fitness Pineville. “That can mean different things to different people. For some, it’s losing weight or gaining strength. For others, it’s improving balance or flexibility. The important thing is to find physical activities that you enjoy, so being active is something you look forward to – rather than dread.”