



Defined Fitness Helps Albuquerque Shape Up for Summer with New Personal Training Programs

Program Options Designed to Fit a Variety of Lifestyles and Preferences

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ALBUQUERQUE, N.M.—Just in time for summer, Defined Fitness is introducing a series of unique personal training programs designed to help different types of gym-goers meet their health and fitness goals.

The new personal training programs feature a series of small-group training “clubs”, tailored for groups of three to six individuals. The clubs were developed to target individuals with common fitness goals and lifestyles. For example the Breakfast Club for members that have to get their workout in early before going to work, the Coffee Club for members that go to the gym later in the morning, including parents that have to drop their children off at school or utilize Defined Fitness’ day care, and the Cycling Club for members who want to strengthen and train to improve their cycling performance.

“The small group training sessions are ideal for members who may be intimidated to work one-on-one with a personal trainer, and may also be overwhelmed by a large group fitness class or working out in the gym alone,” said Margaret White, General Manger of Services at Defined Fitness. “The goal of the training clubs is to inspire a sense of camaraderie while providing targeted training at a reduced price.”

The first three training programs will include circuit-style workouts specifically designed to meet the training needs of the particular small group. More club-themed training programs will be introduced over the next few months. Information for the June clubs can be found in the following chart:

	<i>San Mateo</i>	<i>Juan Tabo</i>	<i>Riverside</i>	<i>Rio Rancho</i>
Breakfast Club	T 6:45 a.m. 6/10 – 7/3 Cost: \$136 for 8 sessions		M 6:30 a.m. 6/9 – 7/4 Cost: \$180 for 12 sessions	T 6:15 a.m. 6/12 – 7/3 Cost: \$80 for 4 sessions
Coffee Club	T 9:00 a.m. 6/10 – 7/3 Cost: \$136 for 8 sessions	T 11:00 a.m. 6/12 – 7/3 Cost: \$80 for 4 sessions	M 9:00 a.m. 6/9 – 7/4 Cost: \$180 for 12 sessions	T 9:00 a.m. 6/10 – 7/3 Cost: \$136 for 8 sessions
Cycling Club	M 8:30 a.m. 6/9 – 6/30 Cost: \$80 for 4 sessions	W 10:00 a.m. 6/11 – 7/2 Cost: \$80 for 4 sessions		

Defined Fitness also offers one-on-one training, as well as other nutrition and weight management programs, all of which are tailored to meet individual needs and goals. The workout facility boasts a staff of nearly 20 personal trainers, nutritionist and group fitness instructors with expertise across a variety of areas. For more information about Defined Fitness, visit www.defined.com.

Defined Fitness is New Mexico’s premier workout facility with four great locations in Albuquerque and Rio Rancho, offering state-of-the art equipment, group fitness, personal training, nutrition, tanning, day care and more. Defined Fitness, celebrating its 20th anniversary in the Albuquerque community in 2008, is the city’s original “no contract” health club. For more information, visit www.defined.com. Defined Fitness, every BODY wins!

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