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Anytime Fitness opens 50th Australian club

With 50 clubs now open in Australia, Anytime Fitness is making it easier for people to work out – even at two in the morning!

Anytime Fitness' 24/7 concept means there are really no longer any 'time' excuses for not working out, with research even showing that 10 per cent of members work out between the hours of 10 pm and 5 am.

Justin McDonell, co-founder of Anytime Fitness Australia, said the 24-hour concept brings all types of people through their doors.

"Anytime Fitness makes it easier for members to stay committed to their fitness goals because of the convenience of our clubs. We get the early birds, shift workers, those who are a bit more image-conscious and prefer working out when there are less people at the gym and simply those who feel like jumping on a treadmill at 11 pm," McDonell said.

With over 1,400 clubs now open worldwide, members can even work out while they are overseas on business or holiday.

"The first Australian Anytime Fitness club opened in Gunnedah in NSW on 25 November 2008 and we've come a long way since then. We're planning to have an additional 300 clubs open around Australia and New Zealand in the next five years," McDonell said.

"The response to our 24-hour fitness club concept has been phenomenal," he added.

About Anytime Fitness

Anytime Fitness offers the community access to a clean, safe and friendly fitness environment for men and women. It provides affordable access to a wide variety of high quality cardio, strength and free weight equipment by world leading companies such as Life Fitness as well as shower facilities.

Anytime Fitness is also helping workplaces take a proactive approach to employee wellness. It can help organisations improve their productivity and morale as well as lowering health care costs through its tailored corporate wellness programs.

The franchise was founded in the USA in 2002 as an alternative to larger and more expensive health clubs. It has grown to become the fastest growing fitness club franchise in America.

For more information about Anytime Fitness, or to find the club nearest you, call 1300 ANYTIME or visit www.anytimefitness.com.au

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