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## Anytime Fitness bringing 24 hour gym concept to Sydenham locals

Anytime Fitness, a convenient 24-hour fitness club franchise for men and women, will be opening a new club at 511 Calder Highway, Sydenham in late September.

As well as allowing members to workout any time of the day or night, Anytime Fitness 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.

Justin McDonell, co-founder of Anytime Fitness Australia and owner of the Anytime Fitness Sydenham club, said he is excited to be bringing the 24/7 gym concept to Sydenham locals.

"Anytime Fitness makes it easier for members to stay committed to their fitness goals because of the convenience of our clubs. Whether you're an early bird, a shift worker or simply feel like jumping on a treadmill at 11 pm, the opportunity is there," Justin said.

To celebrate the Sydenham club opening, Anytime Fitness is offering a limited number of foundation memberships at reduced monthly rates and no enrolment fee on membership, representing a saving between \$50 and \$100.

"We chose Sydenham as we saw a need for an affordable and convenient fitness option in the area," said Justin.

"It will be our goal to become an active member of the Sydenham community," he added.

Club tours will be available during the opening celebrations. Membership information is available at the club by calling 1300 ANYTIME or by visiting [www.anytimefitness.com.au](http://www.anytimefitness.com.au).

Anytime Fitness focuses on offering the Sydenham community access to a clean, safe and friendly fitness environment. Members can access any of the 40 clubs currently open around Australia or 1,300 clubs across the world with a security-access key.

The layout of each club is designed for quick and effective exercise. The equipment options include the latest circuit and cross-training machines, free weights, stationary bicycles and treadmills.

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

The franchise was introduced in Australia and New Zealand in 2008 by brother and sister team Justin McDonell and Jacinta McDonell Jiminez. Justin and Jacinta grew up in a family that runs health clubs and have always been passionate about helping others improve their own health and wellbeing.

For more information about Anytime Fitness, or to find the club nearest you, call 1300 ANYTIME or visit [www.anytimefitness.com.au](http://www.anytimefitness.com.au)

**Released for Anytime Fitness by Dennis Rutzou Public Relations ([www.drpr.com.au](http://www.drpr.com.au))**

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