



January 1, 2011 — 1-1-11 — New Year, new opportunities, new beginnings — one goal, one resolution, one YOU, and YOU are worth it! And one club that's right for you... Anytime Fitness!

Your health — it often gets neglected in the hustle and bustle of work, kids, home life. Taking care of ourselves physically and mentally often ends up at the end of the priority list and all of a sudden we realize that we don't feel as well as we used to, we don't look as good as we used to — well, make 2011 the year of change! Put your health first and let Anytime Fitness be your partner in a new, healthy way of life. Lifestyle choices affect all other areas of our lives; when we are feeling fit and healthy, our energy overflows into all areas of our lives. Our physical fitness and our mental fitness go hand in hand. By making your physical health a priority, eating well and establishing a fitness routine that's right for you, you will be on your way to your best year ever, and the best YOU ever! There's no better time — take the first step toward a healthier lifestyle with Anytime Fitness!

Brennan Archer and Kyle Campbell are the proud owners of the four local Anytime Fitness facilities. As long time residents of Canton, Brennan and Kyle have a vested interest in the community. They understand the importance of locally owned and operated businesses and not only are they strong business owners,

but their businesses continue to grow. Recently adding their fourth Canton location, residents are offered the ultimate in convenience, having a club near home or work, and their growth is bringing economic growth to our community. Passionate about helping others achieve healthier lifestyles through fitness, passionate about having the most convenient clubs in Canton, passionate about their community, Brennan and Kyle are passionate about Anytime Fitness. "Five years ago, we began to focus on helping Canton get healthy," noted Kyle. It is not a secret that our society has seen an increase in obesity over the last decade. According to the Center for Disease Control and Prevention, Behavioral Risk Factor Surveillance System 2010, 27.2% of Georgians are obese. In the last 15 years, the Georgia obesity rate has increased 15 percent. In 2009, only two states in our country had less than 20 percent obesity rate. "We want to bring fitness to Canton," shared Brennan. "We care about our community's health and well being." Covering Canton with convenient locations, Anytime Fitness is the one for you!

### The Right Club for You...

Hickory Flat, Holly Springs, Macedonia, Riverstone... Anytime Fitness makes getting in your work out easier than ever! Anytime Fitness is literally that — accessible anytime, 24 hours a day, 7 days a week, 365 days a year; they are even open for a holiday workout! With Club Key access, members are able to work out at any time convenient to their schedule. Join at any location and use any location, any time. With more than 1500 facilities worldwide, Anytime Fitness is doing away with all of the excuses. Want to meet a friend for a work out? How about Holly Springs? Need to work out on your way home from work? Stop in Hickory Flat! Visiting family out of town? Check out the location in their area. Anytime Fitness offers the convenience we all need to accommodate our busy lifestyles, while maintaining clean, friendly, non-intimidating clubs. Members have access to a wide variety of fitness classes varying by location, as well as equipment varying by location, offering the opportunity to change up your work out just by visiting a different Anytime Fitness location. As an added convenience, tanning is also available at a nominal fee. Once you have joined Anytime Fitness, the possibilities are endless! With a new membership, you will receive a free personalized fitness consultation where an individualized plan is created including

a demonstration of equipment use and basic exercise principles, nutrition advice, personal training, as well as accountability.

Top of the line, commercial grade equipment is what you will find at each Anytime Fitness club. Life Fitness and Star Trac technology is used to offer the best equipment available for the most effective work out experience. All cardio machines are equipped with personalized LCD monitors. Kyle and Brennan stay up to date on the latest fitness technology, adding free weights, classes and equipment as needed to stay current with the trends and growing membership needs. Anytime Fitness strives to make your workout experience the best, most individualized, convenient, effective program — customized just for you!

Member safety is a top priority at each location. With 24-hour club access, Anytime Fitness has the latest, advanced security in place with eight surveillance cameras at each location and secure Club Key access to make your workout experience safe and comfortable, any time of the day or night.

As an added bonus, members of Anytime Fitness receive a nutrition discount at the Hickory Flat Smoothie King. Many nutrition products are available to enhance your fitness regimen such as protein supplements, vitamins and of course smoothies for an after workout boost!

So, what are you waiting for? Month to month memberships are available as well as contract memberships. Convenience, state of the art equipment, class variety, customized workout programs... Let Anytime Fitness be your partner in making 2011 your best year ever! YOU are worth it!

*"My wife and I have been members for a couple of years. We like the convenience of being able to go to the gym at any time of the day or night. There are three locations within 15 minutes of our house, so we can get a variety of workouts as each gym has some different equipment. We meet and greet new friends at these gyms."*

— Ronnie Holbert



Join Anytime Fitness on January 17 & receive \$100 OFF enrollment & 1 month FREE!

### Free Group Fitness Classes

Over 30 classes to choose from per week!

- Zumba Fitness
- Yoga
- Pilates
- Total Body Conditioning
- Power Pump
- Weighted Aerobics
- Cycle
- Boot Camp

*"Joining Anytime Fitness was one of the best decisions I have made for my health. I love to go to the gym at my convenience. Working full time and with community involvement, it makes it easier for me to be committed by accommodating my schedule. I enjoy the relaxed atmosphere along with the satisfaction of increasing my workout to my own individual tolerance level. I recommend it to anyone who has put it off and keeps saying they will do it later. Do it now, it will be the best thing you've ever done!"*

— Dale Morrissey

### 7-Day Guest Pass

Join on the first day of the guest pass and receive one month FREE!



## LOCATIONS

### Holly Springs

3753 Marietta Highway, Suite 125  
(behind Kaysons Bar and Grille)  
(770) 720-1831

### Hickory Flat

2870 East Cherokee Drive  
(behind McDonalds)  
(770) 345-4387

### Macedonia

8016 Cumming Highway, Suite 301  
(next to Kroger Supermarket)  
(770) 345-4313

### Riverstone

110 Bluffs Parkway  
(behind the Home Depot, next to Sears)  
(678) 880-1776

Cherokee County Board of Education Discount

Senior Discounts & Silver Sneakers: training and classes just for seniors

Pre-Sale Opening Feb. 1