



Press Room

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Hundreds of Anytime Fitness Gyms to Host “May Free Workouts” to Keep America Moving

Leading Fitness Franchise Promotes Physical Activity with Free Outdoor Exercise Events in May

Woodbury, Minn. – Yet another reason to love the month of May – free outdoor exercise events nationwide, open to the general public. The “May Free Workouts” are compliments of [Anytime Fitness](#), the fastest growing co-ed fitness center in the world.

Starting as a grassroots effort by a few Anytime Fitness gyms in 2015, May Free Workouts has grown into a nationwide campaign to promote physical activity. More than 700 gyms participated last year, with a similar number expected to host 2017 events. [Activities in past years](#) have included yoga sessions in the park, tug-of-war competitions, Zumba classes and kickboxing lessons. All workouts – designed for people of any fitness level – are led by Anytime Fitness personal trainers or gym staff members.

“We believe a healthy lifestyle is achievable for anyone,” said Chuck Runyon, co-founder & CEO of Anytime Fitness. “May Free Workouts are designed to encourage community members to get up and move in an active, motivating atmosphere. Because when fitness is enjoyable and done in an encouraging, fun environment, it becomes easy to reach your goals.”

WATCH THE VIDEO: <https://www.youtube.com/watch?v=n68CJwpBbOQ>

Participating locations will host several outdoor events in local parks and community areas on varying days of the week all throughout May. The events will feature fun group activities such as relay races, obstacle courses and musical games. While the fitness franchise’s three million members are more than welcome to participate, the events are open to anyone, regardless of membership.

“Our passion at Anytime Fitness is helping people get to a healthier place,” Runyon added. “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 enjoyable physical activities so that being active is something you look forward to.”

Contact a gym near you for more information about its May Free Workouts by visiting <https://www.anytimefitness.com/find-gym/>.

About Anytime Fitness

Ranked #1 on *Entrepreneur’s* prestigious Top Global Franchise list, Anytime Fitness is the fastest-growing gym franchise in the world, with more than 3,500 gyms serving nearly 3,000,000 members on five continents. Open 24 hours a day, 365 days a year, Anytime Fitness prides itself on providing its members with convenient fitness options and friendly, personal service in well-maintained facilities which feature top-quality exercise equipment. Gyms are now open in all 50 states, Canada, Mexico, Australia, New Zealand, England, Scotland, The Republic of Ireland, Wales, Grand Cayman, Poland, the Netherlands, Spain, Qatar, India, Chile, Japan, Singapore, Malaysia, Hong Kong, China, Taiwan, Belgium, Italy, Sweden and the Philippines. All franchised gyms are individually owned and operated. Join one gym and use them all. For more information on Anytime Fitness and franchise opportunities, please visit <https://www.anytimefitness.com/>.

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