



a personal fitness studio

62 Rockford Road
Wilmington, DE 19806
(302) 777-4348
Fax: (302) 777-0112
www.fitdelaware.com

FIT OFFERS FREE SPIN ROOM TO NON-PROFIT ORGANIZATIONS FOR FUND-RAISING

Media Contact:

Al Russell (after 1 pm daily)
62 Rockford Road
Wilmington, DE 19806
(302) 777.4348

FOR IMMEDIATE RELEASE

Wilmington, DE (July 18, 2011) - FIT, a fully equipped exercise facility in Wilmington, Delaware, is offering a free Spin Room to non-profit organizations that includes a certified instructor, music to spin by and nutritious smoothies. Fees collected from the spin class participants will go directly to the organization to benefit their mission. Non-profits wishing to participate in this offer will recruit the spin participants.

For more than fifteen years, FIT, a has been helping persons of all fitness levels to achieve their health and wellness goals. Members find that FIT provides a friendly, comfortable environment that welcomes and encourages everyone.

FIT offers a full range of fitness opportunities. Members can workout on their own, exercise with a personal trainer and/or participate in group classes. Our staff is eager to share their expert advice, and can custom-design a training program that meets your needs and personal goals. For more information, contact Al Russell (after 1 p.m. daily) or visit www.fitdelaware.com for more information and ongoing fitness classes.

###