

CONTACT:

contact@fitnessontherun.net

109 South Alfred Street

Alexandria, VA 22314

phone: 703-299-9333

www.fitnessontherun.net



PRESS RELEASE

July 1, 2010

FITNESS ON THE RUN, OLD TOWN'S PREMIER FITNESS STUDIO ANNOUNCES GROUNDBREAKING TRAINING?

Everyone is too busy. We have all heard this. What if we brought your trainer TO you?

Today, Fitness on the Run launches a new way to get or stay in shape. Through your very own computer, you will be able to continue your workouts at home, on the road or on vacation by simply logging into your computer.

"We are always hearing clients tell us there's just not enough time to train when I'm on the road. Or, better yet, "how can I manage in a small hotel gymnasium?", says Adrien Cotton co-owner of Fitness on the Run. "Additionally, we have scaled all of our exercises and workouts for every level of fitness from beginner to advanced. Most of the exercises are divided into "beginner", "intermediate" and "advanced".

We have developed a list of workouts and videotaped exercises you can view on our website with a simple and economic subscription to "virtual training". One video walks a client through all the steps to complete the perfect squat and another describes the steps to do a push up with the perfect form.

For the month of July, we are offering Virtual Training to anyone for FREE, normally a \$50 value. Password: forvt