



24 HOUR CO-ED FITNESS FACILITY

*Finally!*

A full-service gym with a personal touch available 24 hours a day!

We offer state-of-the-art security systems to help you feel safe at any hour of the day or night. With 24-Hour access to emergency personnel, you will be able to get the best out of your workout while feeling at ease.

We have fitness personnel certified in personal training, lifestyle and weight management consulting, and group fitness instructing. We are here to help you find a workout routine that is both safe and effective.

We focus on healthy lifestyle changes that include both nutrition and exercise. To help you accomplish a healthier lifestyle, we offer personal training programs designed to give you professional, one-on-one training created specifically for you, your goals, and your fitness level.

*Take charge of your health & the quality of your life today!*

*Where Fitness & Weight Control are a Way of Life!*

**FOCUS & MISSION**

Anytime Fitness is focused on providing you with the absolute best fitness and nutrition program that will not only help you get into better physical shape, but will also help you stay in shape. Losing weight and getting into good physical condition is only half the battle. At Anytime Fitness, our mission is Wellness as a Lifestyle Change. We will help you get on the right track to an improved permanent fitness level. Through personal evaluations and accountability, you will be on your way to a healthier lifestyle. It will not only change the way you feel about your looks, self-esteem and fitness, but will also change the way you function in life on a daily basis with your co-workers, family and friends. Your better health and fitness level will pass on to those around you. We work closely with you on a scheduled plan that will keep you motivated and focused on your goals. You won't be overwhelmed by intimidating fitness equipment. And, you won't be confused about where to begin and how to stay on track. If you desire, we will guide you through your entire journey.

**TESTIMONIALS**

“Anytime Fitness transformed my life! It convinced me that fitness is quality of life, and that fitness improves my relationships with all others. A no-excuse gym, the best gift I give myself!” - Sharon Price



“A gym open 24 hours EVERY day with all the equipment you need plus great people to work with who are attentive to your individual needs. What more could you ask for? I recommend Anytime Fitness to everyone who wants to improve their health.” - Bob Ellis



## Products to Service You!



### CLUB MEMBERSHIPS

- Fitness/Tanning—Unlimited
- Fitness Only—Unlimited
- Tanning Only—Unlimited



### PERSONAL TRAINING

- Weight Loss and Management
- Increased Fitness Level
- Improved Health
- Post-Rehab



### SMALL GROUP TRAINING

- Aerobic Training
- Strength Training
- Flexibility Training



### CONSULTATIONS

- Fitness
- Nutritional

*Please visit our website for additional information and changes to programs.*



EMAIL:

tammy.garner@anytimefitness.com  
tommy.garner@anytimefitness.com

## For your Convenience



The facilities are available to you 24 hours a day, EVERY DAY! You can work out while our staff is present or on your own.



New Member Orientation is setup by appointment.



Personal training sessions are setup by appointment for a time that is convenient for you.



Please use our website or e-mail to request membership information during non-staffed hours. Or, call anytime for information on memberships, personal training, or normal staffed hours.

*Get Started Today!*

*Look Better*

*Feel Better*

*Be Better*



341 FURY'S FERRY ROAD, SUITE 2  
MARTINEZ, GA 30907  
706.364.24HR

4497-4 COLUMBIA ROAD  
MARTINEZ, GA 30907  
706.364.2418

336 GEORGIA AVENUE, SUITE 202  
NORTH AUGUSTA, SC 29841  
803.278.2408

www.anytimefitness.com



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*Personal Training*

*Small Group Training*

*Tanning*

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