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NEWS RELEASE

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FOR IMMEDIATE RELEASE: May 22, 2014
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FREEfit Saturday Workouts to Return this Summer

Lancaster, Ohio –FREEfit Saturdays will once again be providing free weekly workouts this summer. The group strives to provide free weekly workouts to the community to supply further exercise opportunities for those who are interested in new fitness options or who cannot afford a gym membership.

"After such a great turnout at the workouts last summer, our committee decided that providing free exercise options to the community again this year was both viable and necessary," said Jared Kehl, a FREEfit Saturdays committee member.

Beginning June 7, 2014 and continuing every Saturday morning in June, July and August, the workouts will be held at 9 a.m. at Rising Park in Lancaster. They will be led by local gyms and instructors and will vary weekly, including such workouts as CrossFit, zumba, bootcamp or yoga.

The summer schedule is as follows:

- June 7: DC Fit
- June 14: SWET
- June 21: TrueFIT
- June 28: CrossFit 740

- July 5: Fit-4-Life
- July 12: YMCA
- July 19: DC Fit
- July 26: SWET

- Aug 2: CrossFit 740
- Aug 9: TrueFIT
- Aug 16: Fit-4-Life
- Aug 23: YMCA

Participants are asked to bring a good attitude and their own water. Additional information, as well as cancelations due to weather, extenuating circumstances, etc. can be found on Facebook at

www.facebook.com/freefitsaturdays.

FREEfit Saturdays is organized through a committee in the Fairfield Leadership Program, Lancaster/Fairfield County Chamber of Commerce. If you have any additional questions, call 740.653.8251

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