



Physique Transformation Opens Second Location in Triangle

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Physique Transformation, a Raleigh-based personal fitness and wellness provider, has opened a second location inside the Anytime Fitness Athletic Club in Brier Creek. Physique Transformation began coaching clients at the new location November 1.

PR9.NET November 02, 2007 - RALEIGH, N.C. — Barry Bragg, president and CEO of Physique Transformation, a Raleigh-based personal fitness and wellness provider, announced today the opening of a second location inside the Anytime Fitness Athletic Club at Brier Creek. Physique Transformation began coaching clients at the new location November 1.

"We're excited about extending our reach beyond North Raleigh," says Bragg. "Partnering with Anytime Fitness will enable us to broaden our message of empowering individuals with a healthier lifestyle."

At the new location, current members of Anytime Fitness will have the opportunity to work with the Physique Transformation staff to customize a plan suited for individual physical and nutritional goals.

"We strive to give our members the best services available," says Bob Brewer, president and CEO of Anytime Fitness. "Based on the health and training concepts Physique Transformation supports, our members will experience fitness and wellness results."

This is the second location for Physique Transformation. The first opened in 2003 in North Raleigh off Durant Rd. For more information on Physique Transformation, call (919) 845-6596 or visit www.physique-transformation.com.

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About Anytime Fitness

Anytime Fitness in Morrisville is owned and operated by Jesse McLaughlin and Matt Brewer. The company strives to provide the best equipment and services available to ensure its members can create stronger and healthier lifestyles. For more information or to find an Anytime Fitness near you, please visit www.anytimefitness.com.

About Physique Transformation

Based in Raleigh, Physique Transformation is committed to enhancing the fitness, wellness and lifestyle of the individual. With personal attention that cannot be found in a regular gym, programs are customized for individual needs. Physique Transformation's environment is concentrated on education, never intimidation. Additionally, Physique Transformation offers a comprehensive weight management program which includes weekly sessions with a success coach and personal fitness trainer. Call (919) 845-6596 for more information or visit www.physique-transformation.com.