



FOR IMMEDIATE RELEASE

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F45 Training announces its new location coming to Ashland, VA

A global fitness community specializing in innovative, high-intensity group workouts that are fast, fun, and results-driven.

Ashland, VA – F45 Training was Ranked in the top 10, in Entrepreneur’s Annual Fastest-Growing Franchises (worldwide) List for 2021 with its newest location coming to 11601 Lakeridge Parkway, Ashland, Virginia 23005. The Ashland F45 Boutique offers a prime location near charming downtown Ashland and within less than 5 miles from both Mechanicsville and the Glen Allen VCC area. The Ashland location is owned and operated by two sisters, who reside right here in Hanover County. This is much more than just a franchise opportunity for them, it is a passion to bring a community based fitness studio to their friends, family and fellow area residents.

F45 is specifically designed to provide a functional full-body workout in the most time-efficient way, while improving energy levels, metabolic rate, strength, and endurance. The team mentality at F45 Training helps members transform their lifestyle physically and mentally while encouraging community growth and a no-ego attitude. The motivation and encouragement in our group training facility creates a pulsing, upbeat environment where goals are met and exceeded.

Our celebration kicks off with a Soft Opening Launch event at the Lakeridge location for our Foundation Members. Our Grand Opening is scheduled for 2/12/2022 and will kick off with FREE classes, followed by a ribbon cutting, giveaways, raffles, yummy food and live DJ.

F45 is revitalizing the Hanover Area. It will help create healthier lifestyles, through providing the ultimate gym experience by combining cutting edge techniques with high grade equipment and friendly, supportive certified trainers, all while offering extreme scheduling flexibility and time-saving convenience.

"Why did I get involved? Because it’s the best work-out on the planet. "It really is. Anybody at any fitness level can do it and whatever your fitness goals are, you’re going to surpass them. And you get results at F45." Mark Wahlberg

New member enrollments are available now via our website at f45training.com/ashland/home and the Foundation Membership discount will be available until the date of our Grand Opening.

For membership information, call the studio at (804) 505-0862 or visit f45training.com/ashland/home.

Owner - Michelle Pauscher is available by appointment, phone (515) 250-5679 or email Ashland@F45Training.com

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