

Contact: Don Bertsch
Phone: (865) 777-7874
Fax: (865) 777-7875
Cell: (865) 617-2518
10708 Kingston Pike
Knoxville, TN 37934
dbertsch@therush247.com



FOR IMMEDIATE RELEASE

THE RUSH GRAND RE-OPENS IN EAST TENNESSEE

KNOXVILLE, Tennessee based "THE RUSH FITNESS COMPLEX" is Re-Grand Opening its Maryville/Alcoa location on September 16th, 17th, and 18th. This facility went through a complete remodel with a new lobby, updated and improved group exercise room, new 50" plasma TV's, a new performance zone, new flooring, new lighting, new spa area, an updated entertainment system, and a redesigned, more spacious workout floor. CEO Larry Gurney said, "We are adding new state of the art and technologically advanced exercise equipment and introducing the ultimate "Ring of Fire" a six station, octagon shaped, circuit training center that allows an exercise trainer the ability to workout 6 people at a time. The remodel also brings to this location, "INDOOR STADIUM BLEACHERS" which allow members to combine the benefits of running outdoor bleachers with the convenience of an indoor climate controlled environment."



The Rush Fitness Complex is one of the fastest growing Health Club Companies in America. Mixing entertainment and fitness to create an exciting environment allowing its members to experience a Rush of their own. The Company was founded in 2001 by Larry Gurney a recognized leader in the fitness industry and former President of 24 Hour Fitness. The Rush currently has 23 locations open 24 hours a day 7 days a week. To learn more about the company please visit them on the web at www.therush247.com.

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