

Our Story



Original Location

FWF first opened its doors on January 1st, 2008 at 20930 Dupont Blvd, Georgetown DE. Prior to that, there were no gyms in town and residents had to travel to Lewes, Millsboro or Milford to find a decent gym. FWF changed the game and played a crucial part in bringing health and fitness awareness to town. It offered a 5000-square-foot facility, 2 floors, tanning, aerobic classes, personal training and more. As time passed by, our member increased across all ages. We had the young high-school/college students, the young professionals, the married couples and the seniors. The facility aimed to offer something for everyone: cardio and circuit area downstairs and free weights and weightlifting machines upstairs. A variety of aerobic and fitness classes were offered indoor and outdoor. Sometimes we held classes in the parking lot in the middle of the day! After 7 years at this location, we outgrew the place and we knew it was time to expand. We wanted to keep the same homey and friendly feel but expand it to have more room for our members. The story continues.



New Location

The journey continues and on February 17, 2015 FWF relocated to a new space in Suite 8A of the Georgetown Plaza Shopping Center, conveniently located at the corner of route 113 and 9. The move wasn't far, approximately 1 mile south of the original location but the space is totally new. This new 10,000-square-foot facility is twice the original location. It

offers more than 100 lifting, circuit and cardio stations, a dedicated class/aerobic space, tanning rooms, state-of-the-art workout rig (you have to see this thing!), nutritional counseling, on-floor staff and personal trainers and more. The new space offers that same great atmosphere and service – just much more of it. The aerobic schedule expanded to over 100 classes per month and it caters to all age groups and members. We even added Jiu Jitsu and Martial Art classes. We want to extend FWF to members beyond Georgetown, now there is a reason for people from the neighboring towns to come and enjoy our community. Our members' demographics extended to Lewes, Millsboro, Seaford, Milton and even Milford.