

# Press Releases

## March 2015 News Release

### FLEX WORLD OPENS NEW, EXPANDED LOCATION TO MEET YOUR FITNESS NEEDS

Flex World Fitness is pumped up and flexing a new look for Spring 2015. Flex World Fitness is pleased to announce the opening of its new facility in **Suite 8-A of the Georgetown Plaza shopping center**, at the corner of U.S. 113 (Dupont Boulevard) and U.S. 9 (County Seat Highway), in Georgetown. The **new, expanded** location is approximately 1 mile south of the gym's former location along southbound Dupont Highway.

The new **10,000-square-foot** gym is **twice** the size of the previous location, featuring more than **100** lifting, **circuit** and **cardio** stations, a **dedicated classroom/studio**, knowledgeable **on-floor staff**, **personal training**, **tanning**, **nutritional** counseling, **Fit After 60** programs, **wellness** products and much more – all in an **open**, inviting atmosphere ready to serve our clients and guests. “We’re excited to be in our new home, and we can’t wait for everyone to experience all the new equipment, new classes, and most of all the new energy here at your local gym!” said **Heidi** Helou, manager/co-owner of **Flex World Fitness**. “The new Flex World Fitness offers the same **great** atmosphere and **service** – just much more of it. We look forward to remaining the **best** investment our clients and guests can make in their physical **fitness** and well-being for many years to come.”

Founded on the concept that good health is the key to a long and productive life, Flex World Fitness has been a fixture in the Georgetown community since 2008. Our hands-on approach provides even the novice gym-goer the resources to feel right at home and get on the path to good health and improved overall fitness. Flex World Fitness offers:

- Personal trainers on staff who care for, guide and teach clients at their skill level, rather than push to the point of injury;
- Nutritional Counseling with a Certified Fitness Nutrition Expert;
- Aerobics instructors on staff who treat each member with care and teach rather than preach;
- A new member orientation on Saturdays to ease the fear of joining a gym, helping new clients to understand how to use equipment and maximize their potential;
- Fit After 60 programs for older members, with a personalized, hands-on approach;
- Specialized programs including Pilates, Yoga, PiYo™, Zumba®, and balance classes, and many more;
- Expanded hours with early morning, mid-day, and evening classes to suit every schedule.

Flex World Fitness makes joining your local gym easy. We offer monthly and yearly memberships, as well as daily access, with a variety of affordable price plans to suit any budget. Special discount rates are available for senior citizens, students, as well as state, county and municipal employees. Flex World Fitness is open seven days a week, 5 a.m. to 10 p.m. Monday through Thursday; 5 a.m. to 9 p.m. Friday; 6 a.m. to 5 p.m. Saturday; and 7 a.m. to 5 p.m. Sunday. For more information about Flex World Fitness, please contact Heidi Helou at (302) 856-7771 or visit [www.flexworldfitness.com](http://www.flexworldfitness.com).