**FOR IMMEDIATE RELEASE**

Fernwood Fitness **[Club Name]** Launches 14 Days for $14 Promotion in February

*Prioritise self-love with a new fitness and wellness routine*

**[CITY, STATE]**, **[DATE]** — Fernwood Fitness **[Club Name]** is making it easy for women to prioritise self-love and well-being as a fundamental aspect of their lives with its empowering promotion for the month of February – a *14 Days for $14* trial pass.

Fernwood Fitness has long been dedicated to empowering women to be their best and strongest in every way, fostering a supportive and inclusive community that extends beyond fitness. Reinforcing the belief that everyone deserves love regardless of relationship status, and what better love than self-love, the 14-day trial pass is a perfect opportunity for women of all fitness levels to experience the positive and uplifting atmosphere and premium services that Fernwood provides.

Throughout February, women can access the 14-day trial for just $14. This promotion is designed to make fitness and wellbeing accessible to all women, empowering them to kickstart their health and fitness journey with the support of Fernwood's expert trainers and diverse range of unlimited group fitness classes, beautiful gym floors, and so much more.

All proceeds from the trial passes sold during February will be donated to Fernwood Fitness' charity partner, RizeUp Australia. RizeUp is a non-profit organisation dedicated to providing life-saving support to victims of domestic and family violence. By purchasing a trial pass, women contribute to a cause that is making a real and meaningful impact on the lives of those affected by domestic violence, while making a change in their own lives.

**[INSERT QUOTE FROM FRANCHISEE / CLUB MANAGER ABOUT OFFER]**

Join Fernwood **[Club Name]** in promoting self-love this February and making a difference in the lives of women affected by domestic violence. For more information about contact Fernwood **[CLUB NAME]** via **[PHONE]**, **[EMAIL]**, or simply pop into reception.

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[Fernwood Fitness](https://www.fernwoodfitness.com.au/why-fernwood/about) are the health, fitness and wellness clubs more than 79,000 women across Australia love. Every club is purpose-built with women in mind, so they feel empowered to shine in all aspects of their lives. From strength and weight training to high-intensity workouts, yoga, Pilates, meditation, nutrition coaching and more – Fernwood Fitness supports every woman to feel fitter, stronger and healthier in a supportive, diverse and welcoming environment.



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Fernwood [CLUB NAME]

**[STREET ADDRESS]**

**[CITY, STATE] [POSTCODE]**

fernwoodfitness.com.au

EMPOWERING

WOMEN TO SHINE