**FOR IMMEDIATE RELEASE**

Fernwood Fitness **[CLUB NAME]** Empowers Women with Exclusive New Year Offer

*Get started in January and receive your first 21 days of membership FREE*

**[CITY, STATE]**, **[DATE]** — Fernwood Fitness, Australia's leading women's-only gym, is excited to announce an exclusive new year offer for women looking to kickstart their fitness and wellness journeys in 2024. This limited-time promotion is designed to encourage women to embrace a healthier lifestyle by providing them with an opportunity to experience the benefits of regular gym usage without any financial commitment for their first 21 days.

Joining Fernwood in January not only offers women access to state-of-the-art facilities, premium equipment and services, but also provides a supportive and empowering environment purpose-built for their needs. Fernwood is committed to helping women curate their lifestyle by offering personalised workout plans, unlimited group fitness classes, and a team of expert trainers focused on helping all members achieve their fitness goals within a like-minded community of women.

**[INSERT QUOTE FROM CLUB OWNER/MANAGER ABOUT BENEFITS OF PROMO/YOUR CLUB/REGULAR EXERCISE]**.

To take advantage of this must-have offer, women are encouraged to visit Fernwood Fitness **[CLUB NAME]** in January and sign-up for a membership.

For more information about this offer, visit Fernwood’s website [here](https://www.fernwoodfitness.com.au/campaign/myyearmyway) or contact Fernwood **[CLUB NAME]** via **[PHONE]**, **[EMAIL]**, or simply pop into reception.

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Fernwood Fitness 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.

# –

Fernwood [CLUB NAME]

**[STREET ADDRESS]**

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

fernwoodfitness.com.au

EMPOWERING

WOMEN TO SHINE