EMPOWERING

WOMEN TO SHINE

**FOR IMMEDIATE RELEASE**

Fernwood Fitness **[Club Name]**

*Strong to The Core – Start your membership with a reformer Pilates package!*

**[CITY, STATE – DATE]** — Fernwood Fitness **[Club Name]**is thrilled to announce its exciting July campaign, inviting new members to experience our in-club reformer Pilates!

It’s a great time to get started on a 12- or 18-month membership at Fernwood and receive a reformer Pilates Package on top of your membership at no additional cost. Fernwood knows the importance of having a holistic approach to women's health and fitness and reformer Pilates is a great way to compliment your fitness program.

The reformer Pilates package is in addition to what you get when you join Fernwood which includes:

* State-of-the-art strength training equipment
* Diverse range of group fitness classes including Mat Pilates, cycling, boxing, dance, and yoga
* Access to the Pulse App for personalised at-home workouts and nutrition guidance
* Daily complimentary breakfast
* Luxury changeroom facilities
* A supportive community of empowered women
* And much, much more.

“**[INSERT QUOTE FROM FRANCHISEE/CLUB MANAGER ABOUT BENEFITS OF OFFER]**,” **[Name]**, **[Job title]** of Fernwood **[Club Name]** shared.

When you step inside our Fernwood clubs you will see the wide range of services and amenities tailored to support women at every stage of their health and wellness journey. From group fitness classes, functional training, low impact classes to nutrition guidance, Fernwood provides everything women need to feel healthy and strong.

Join our local Fernwood during July and find out why our clubs are loved by more than 80,000 women Australia wide. Visit [fernwoodfitness.com.au](https://www.fernwoodfitness.com.au/) or stop by Fernwood **[Club Name]** to learn more and take the first step towards a healthier, happier you.

For media inquiries and further information, please contact: **[Contact name]**, **[Job title]** via **[Phone number]** or **[Email]**.

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[Fernwood Fitness](https://www.fernwoodfitness.com.au/why-fernwood/about) are the health, fitness, and wellness clubs more than 80,000 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 ADDRES]**

**[SUBURB, STATE POSTCODE]**

fernwoodfitness.com.au