EMPOWERING

WOMEN TO SHINE

**FOR IMMEDIATE RELEASE**

Fernwood Fitness **[Club Name]** 1-week free trial.

*It’s Your Week - Explore what a membership could look like for you with a 1 -week free trial.*

**[CITY, STATE – DATE]** — Fernwood Fitness **[Club Name]**is excited to unveil its May campaign, offering new members an exclusive 1-week free trial.

A lot can change in one day. Forming new habits, learning new skills, setting the tone for your whole week. Fernwood aims to inspire the action to take ownership and discover your power to change for all women. All it takes is a day, so in May we are offering new members 7 days to trial a membership.

Throughout May, new members at Fernwood **[Club Name]** can trial what a membership can look like for them including:

* Strength training
* Mat Pilates
* Cardio and High Intensity Interval classes
* Yoga and mediation
* Cycle
* Boxing
* Dance
* Free breakfast daily
* Luxury changerooms
* A community of empowered women
* And so 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.

Don't let this exclusive opportunity pass you by! Get your 1-week free trial at Fernwood Fitness during May. 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