

New Fayetteville Fitness Club Celebrates Grand Opening

Lane Houk December 06, 2018



Fitness Clubs in Fayetteville NC

Fit4Life Health Clubs opened its 2nd location in Fayetteville NC. Fit4Life Health Clubs All American is located at 210 Owen Dr, Fayetteville NC 28304.

([Newswire.net](#) -- December 6, 2018) Fayetteville, North Carolina -- Fit4Life Health Clubs has officially opened their 12th location and its 2nd location in Fayetteville NC on the doorstep of Fort Bragg NC. [Fit4Life Health Clubs in Fayetteville NC](#) looks set to continue the tradition of excellence established by the brand with their brand-new state of the art 30,000 square foot health and fitness club, code-named the “All-American” location.

The new Fayetteville location has everything you need for a complete health and fitness experience. The 30,000 square foot location boasts a massive turfed functional area, a huge free weight area, over 80 pieces of cardio equipment along with and safe and easy parking with over 300 bays available. Fit4Life Health Club has an all-new full Hammer Strength line, Precor ellipticals, step mills, and Jacob ladders. They have also added luxurious bathrooms, showers and lockers, and a large group room for support, accountability, and motivation.

Paul Humphreys Jr, one of the owners of the new Fit4Life Health Clubs Fayetteville location was quoted saying, “We’re really excited to welcome the community of Fayetteville and Fort Bragg to our club. We know that they’re going to be blown away by our friendly, experienced staff, industry-leading facility and equipment, along with our class offerings and our holistic approach to health, fitness, and wellness for each individual member of Fit4Life Health Clubs.” Speaking about the brand’s explosive growth “We know that what we’re offering is something different and exciting, and that’s what our customers are looking for. We want to be among the best fitness clubs in the industry and by continuing to deliver a challenging and rewarding fitness experience with world-class facilities and amenities, we know that we’re making a huge difference to the quality of life of our clients by providing the Fayetteville community affordable luxury with our newest facility.”

According to a study in the Journal of the American Medical Association, the obesity rate for adult [males was estimated at 32.2% and 35.5% for women](#) in 2008, and a look at more recent statistics show that the trend isn’t changing anytime soon. But there is cause for hope as U.S. consumers have included health as one of [their top 5 concerns](#) leading to an upward trend in the uptake of fitness wearables linked to smartphone health tracking apps. With the frightening obesity rates in the US and a renewed focus on healthy living, Fit4Life offers a fresh, challenging approach designed to get people off the couch and into the gym.

As with all other North Carolina locations, Fit4Life Health Clubs “All-American” in Fayetteville officially opened 24 hours a day, 7 days a week, 365 days a year on Wednesday, December 5, 2018. As part of their grand opening celebration, they’re giving all members of the public a free week pass to visit the club and see what Fit4Life Health Club offers its members. For interested parties, the club has a range of membership options along with first responder and military discounts.

Fit4Life Health Clubs members enjoy a full range of services including one on one personal training sessions and semi-private coaching and fitness classes, Fit4Life Health Clubs is one of the best Fayetteville gyms and has become synonymous with a high-quality exercise experience that focuses on the needs of their clients and delivers results, fast. The new Fayetteville club has different fitness classes including high-intensity workouts such as Zumba, Cycling, Bootcamp, Body Sculpture and Ripped as well as low-intensity options such as Yoga and Pilates. There is something to suit everyone and, by combining different classes, it is possible to develop a balanced exercise routine.

[Fit4Life Health Clubs in Fayetteville](#) provides additional services including indoor tanning to help relieve stress and aid in the release of serotonin, a day care with safe play area for children at no additional cost for members, a competitive corporate wellness program with attendance records and progress reports, and a free military guest pass for members or veterans available 24/7. They also have a smoothie bar and supplement store, truly a one-stop shop for their clients’ fitness and wellness needs.

About Fit4Life Health Clubs

At Fit4Life Health Clubs we have a goal to provide a family friendly and motivating environment that encourages personal growth and development. We achieve this by providing every member with state of the art equipment, clean facilities and a professional & caring staff prepared to support you and help you reach your fitness goals!

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