

## **NEW FITNESS CENTER AT NITRO MARKETPLACE PLANS TO STAY OPEN AROUND THE CLOCK FACILITY WILL HAVE PRECOR EQUIPMENT WITH BUILT-IN TVS AND DOCKING STATIONS FOR MP3 PLAYERS**

Publication: THE CHARLESTON GAZETTE  
Published: Wednesday, May 12, 2010  
Page: 55  
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In America's 24-7 economy, workers who must toil away at odd hours often have trouble finding the time or the facilities available to get in shape.

A new fitness center in the **Nitro** Marketplace in Cross Lanes, however, will soon be open 24 hours a day to meet the exercise needs of working people, no matter what their schedules.

Anytime Fitness, a national chain of fitness centers, is set to open soon near the Staples office supply store at **Nitro** Marketplace.

By being open 24 hours a day, "it's like having your very own fitness club, day or night," said Anytime Fitness owner Dan Miller.

Until the main facility is ready, Miller, a St. Albans native, has set up a temporary office between Goody's and the Sally Beauty Supply store, where he has been signing up members for Anytime Fitness.

"We're hoping to be open by the end of May or the first part of June," Miller said.

Anytime Fitness members receive a special "club key" that gives them access to the secure facility 24 hours a day. The key allows access to any of Anytime Fitness' 1,300 facilities across the country.

Although Anytime Fitness is not staffed at night, members are assured of security because of the club keys that only allow them to enter. There is also a special anti-"tailgating system" in place that prevents non-members from entering by following close behind an authorized member.

"It's state-of-the-art security, and we have nine security cameras, too," Miller said.

As an added measure for late-night, security-conscious members, Anytime Fitness offers a pendant that can be worn around the neck that will automatically call 911 in the event of an emergency.

The pendant can also be signed out so that it can be worn while members walk to their cars after working out after dark.

Midnight shift worker Kathleen Neal of Putnam County signed up for a membership because of the 24-hour flexibility.

"My daughter had been after me to check this out. I work the midnight shift and was complaining about finding time to work out," Neal said.

The 5,200-square-foot Anytime Fitness facility will have a wide variety of strength and "cardio" machines made by Precor. There will also be a modular, six-station machine.

For the enjoyment of members, many of the machines have built-in television sets and iPod docking stations.

For a limited time, new members will receive a 25 percent discount on their membership fees. New members also get a free orientation session with a certified personal trainer.

Owning an Anytime Fitness facility is a dream come true for Miller, who is a 1994 graduate of St. Albans High School.

"I've been a fitness nut since high school. I wanted to do my own thing, but hadn't found the right vehicle," Miller said.

For more information about Anytime Fitness, visit Miller's temporary office between Goody's and Sally Beauty Supply at the **Nitro** Marketplace or call 304-769-0909 or visit [www.anytimefitness.com](http://www.anytimefitness.com). The e-mail address is [crosslaneswv@anytimefitness.com](mailto:crosslaneswv@anytimefitness.com).

Metro photo by BEN CALWELL

Kathleen Neal of Putnam County signs up for membership in Anytime Fitness, a new 24-hour fitness center that will open soon in the **Nitro** Marketplace. Anytime Fitness owner Dan Miller guides her through the process.