

FOR IMMEDIATE RELEASE

To:
E-mail:

**Lean Up – Season 8
Free 8-Week Wellness Program for Area Residents**

Applications are available for *Lean Up* beginning July 11, 2016. This **FREE** wellness program, now in its 8th season, is for area residents seeking to get healthier and more fit. The program, which begins September 12, 2016, is open for all to apply, but limited to 225 participants. Apply on-line at www.LeanUp.net and at the following locations:

Rio del Oro Racquet Club Sacramento, CA	Natomas Racquet Club Sacramento, CA	Twin Arbors Athletic Club Lodi, CA
Gold River Racquet Club Gold River, CA	Broadstone Racquet Club Folsom, CA	Fitness Works Lodi, CA
El Dorado Hills Sports Club El Dorado Hills, CA	Laguna Creek Racquet Club Elk Grove, CA	
Johnson Ranch Racquet Club Roseville, CA	Diamond Hills Sports Club & Spa Oakley, CA	

Lean Up is designed by fitness professionals for people who have had a lifelong struggle to be fit and healthy. This is a life-changing program for those who need it most.

Those individuals selected for the 8-week fitness program will participate in a small group boot camp three days a week, meet with a personal trainer once a week, attend a nutrition and motivational group meeting, and enjoy other fitness activities at one of 10 participating sports clubs. In addition, *Lean Up* team members receive a membership at their host club. From **September 12 through November 4, 2016** selected participants will enjoy free, unlimited access to the club and all its amenities.

All area residents are welcome to apply. Selected applicants will offer their most compelling reasons for wanting to dedicate themselves to this life-changing commitment. Those deserving participants will receive the program absolutely free. Anyone 13 and over is welcome to apply, although individuals under 18 must obtain parental consent. All selected participants must receive medical clearance from their health care provider.

Applications are available July 11, 2016 online at www.LeanUp.net or at participating Spare Time Clubs. **The deadline to apply is August 31, 2016.** So come on people -- Let's get lean!

Also at www.LeanUp.net: Read first person accounts about how Lean Up has inspired past participants to change their lives.

About Spare Time Clubs

Spare Time Clubs owns and operates 13 multi-purpose sports clubs located in the Greater Sacramento Metropolitan Area, Lodi and Oakley. Founded in 1973 by William M. Campbell III and his wife Margie, Spare Time Clubs specializes in providing state-of-the-art fitness programming, sports facilities and individual services for every member of the family.

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