

**FOR IMMEDIATE RELEASE**

To:  
E-mail:

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

Applications are available for *Lean Up* beginning July 12, 2017. This **FREE** wellness program, now in its 9<sup>th</sup> season, is for area residents seeking to get healthier and more fit. The program, which begins September 11, 2017, is open for all to apply, but limited to 225 participants. Apply on-line at [www.LeanUp.net](http://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 11 through November 3, 2017** 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 12, 2017** online at [www.LeanUp.net](http://www.LeanUp.net) or at participating Spare Time Clubs. **The deadline to apply is August 31, 2017.** So come on people -- Let's get lean!

Also at [www.LeanUp.net](http://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 12 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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