



1-2-3 Fit launches California's First Fitness on Request Group Exercise System

Product allows fitness club customers 24x7 access to classes

February 5, 2010 1-2-3 Fit , a Sacramento group and personal training focused fitness club announced that Fitness On Request, LLC, a Minneapolis-based company, today installed their first Fitness On Request innovative group fitness system in California, the first product of its kind allowing club members the flexibility of taking dozens of classes taught by top-notch instructors 24x7.

The Fitness On Request system is a library consisting of dozens of classes and instructors housed in a sleek, contemporary kiosk powered by the proprietary, patented ICE™ technology with HD quality video. 1-2-3 Fit members have the power to choose from group fitness classes and specialized workouts, in addition to the 20+ functional group personal training sessions that the club currently offers. With a simple touch of the screen, your class begins. A huge 133" projection screen automatically displays an experienced instructor to create the realistic feel of a live class with high-energy sound.

"In 2009 we brought the most innovative group and functional training programs to Sacramento, including Gravity Training Systems, TRX Training Systems, Kettle bells and Ropes Gone Wild. We learned the market had an insatiable appetite for great group training. With Fitness on Request, we can now offer group exercise to everyone." Said Peter Cepeda, Co-Owner of 1-2-3 Fit "We finally solved the problem of fitting great group exercise around-the-clock to meet everyone's busy schedule. We are embarking on the next generation in instructor-led fitness. We are excited to be one of 50 locations in 17 states, and are very excited to be the first in California to offer this innovative program to our members."

Experienced Instructors

The instructors are experienced and provide users an optimized workout at a specific fitness level and class workout category. Each instructor anticipates users' needs and provides tips during the workout sessions, similar to a live instructor. Each class is listed with the duration and experience level.

Class Variety

The system houses a variety of classes from Cardio to Yoga and much more. Users have the power to choose from group fitness classes and specialized workouts.

Proven Success

The Fitness On Request system operates in over 50 clubs covering 17 states nationwide.

About Commit to Fit, Inc.

Commit to Fit, Inc operates a 1-2-3 Fit Club in Sacramento and offer consulting and marketing services to clubs in California and Nevada . For more information email commit2fit@sbcglal.net

About 1-2-3 Fit, Sacramento

1-2-3 Fit, the Folsom Blvd neighborhood fitness center, offers an industry-recognized, 30-minute personalized workout, 24 hour access, personal training, innovate small group training services and the revolutionary Visual Fitness Planner™ and online nutrition planning. For more information about 1-2-3 Fit visit the club or the clubs website at www.123fitsac.com

About Fitness On Request, LLC

Fitness On Request, LLC, is a Minneapolis-based company, leading the next-generation of group fitness. For more information, visit www.fitnessonrequest.com. The system houses a variety of classes from Cardio to Yoga and much more. Users have the power to choose from group fitness classes and specialized workouts.

Media contact:

Matt Weaver
Commit to Fit, Inc
Sacramento
888-892-1048

Ed McNamara
Public Relations
Fitness On Request, LLC
612.859.7261
emcnamara@fitnessonrequest.com