

Hi Broward County Farm Bureau Member!

Anytime Fitness is now open in Pompano Beach! Our brand new high-end gym is conveniently located in the Pompano Marketplace, at 1161. S. Federal Hwy, next to the Neighborhood Walmart (Steinmart, Anthony's Coal Fired Pizza). As the world's fastest growing co-ed fitness franchise, we are conveniently located close to work and home! All of our members have safe and secure 24/7/365 access to the facility.

Please find attached some photos of our state of the art facility.

We have Life Fitness cardio w/ HD TV's and Run Social, where you virtually work out in other countries with people around the world!! Individual IC7 Spin Bikes, Hammer Strength, Olympic Station with Bumper Plates, Dumbbells to 100 lbs! Amazing Strength Equipment, Synrgy360, and TRX. We have about 1000 SF of open Purple Turf area with TONS of Functional Equipment, from kettlebells to sandbells, to slam balls and a Heavy Bag!! We even have a brand new High Intensity Upright Tanning Capsule!

All of our members receive get a Fitness Consultation and Orientation and Get Started Plan!

We offer Personal Training, Team Trainings, as well as Customized Small Group Trainings. We can even design specific trainings, scheduled at your convenience, for employees, friends, family members.

Here is a description of a couple of the team trainings we currently offer:

F.I.T.E. FIT:

Fighting Intensity Training Exercises: Get the full experience of what it takes to be a fighter. You will not only experience cardio and strength training, but also learn techniques of self-defense!

BUILD & BURN:

A full body, functional, custom work-out that is metabolic in nature, combining cardio, strength building, and endurance.

We also offer a series of Self-Defense trainings, for all skill levels!

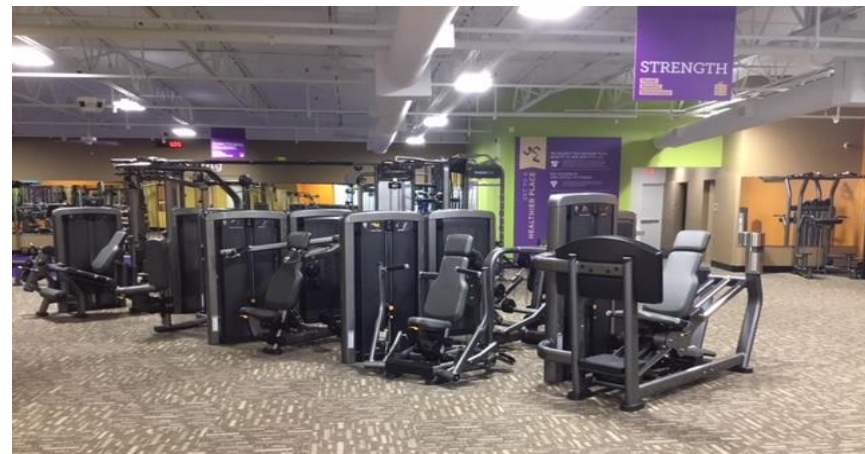
As a Broward County Farm Bureau member, we are extending a 10% discount off our current rates to you, your employees, and families.

Like our Page on Facebook! www.facebook.com/anytimefitnesspompanobeachfl We have many additional pictures posted along with some video clips of trainings.

It would be our pleasure to give you a personal tour of the facility. Bring your work-out gear and try us out!

If you have any questions at all, please do not hesitate to contact me.

Cindy Frommer
Owner, Anytime Fitness Pompano Beach
(754) 999-0247



STATE OF THE ART UPRIGHT TANNING BOOTH!!!



SECURE ACCESS FOR MEMBERS 24 / 7 / 365



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