



5/6/2008

Dear Valued member,

Fitness First has served Frederick for over 10 years. We love the Frederick market, and have done well here. Furthermore, with 18 locations in the metro DC market, and growing strong, we have never closed a location to date.

However, for the past several years we've been operating 2 Frederick locations just 1.8 miles apart from one another. Most people will agree that it just doesn't make sense.

We have decided to close the doors to our Weis location, in mid-June, and consolidate everything into one club that will be our LARGEST location in the metro area.

The Westridge expansion includes an additional 7,000 square feet, 2 group exercise rooms, expanded cardio, free weight and general exercise areas with twice as many machines, expanded and remodeled locker rooms with new lockers and expanded steam room in each locker room, a newly remodeled and expanded child care facility, and more. We will make a home for most if not all of the present Weis staff.

It is my goal to offer a seamless, positive transition to all members, and I feel I have created a club where you will still enjoy the intimacy, but you will have MORE than twice the amenities. I only ask that you PLEASE visit Westridge to see for yourself.

Although Westridge is 96% done, and has stayed open throughout its expansion, the locker rooms are not yet 100% operational, but will be within days.

Since your memberships are good at all Fitness First locations, there will not be a need to change anything on your part.

As always, I am available via [e-mail](#) to respond to each and every one of your concerns, suggestions, comments, etc.

Thank you for continuing to be a part of the Fitness First Family.

Peter Harvey
President
Fitness First Health Clubs