

Contact: Ron Carroll
Get A Grip America, inc.
(dba Getagripchicago)
(CELL): 773-592-6405
ron@getagripamerica.com

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FOR IMMEDIATE RELEASE

JOIN US FOR FREE GETAGRIP DAYS IN DECEMBER, JANUARY & FEBRUARY!
Get a Grip on your health, your life and meet workout partners!

Get a Grip America Inc. (dba Getagripchicago) is private social club for professionals divided into several divisions: A meetup group, co-ed sports leagues and club clubs – a social club, knowledge club and sports and fitness club.

Beginning anuary 6, 2008, the public will have the opportunity to try these classes for **FREE** during on-site ***GetaGrip Demo Days*** (from 10am to 5pm). Participants can expect 30-minute “demo” classes including: yoga, Pilates, golf, tennis, dance, fitness, step aerobics, cardio kickboxing, dance aerobics, tai-chi, self-defense and much more. You will also have an opportunity to talk to Community Chiropractic about nutrition, wellness, acupuncture, your back, feet, body fat and much more. We will also provide a healthy breakfast and lunch.

The Getagrip kickoff Demo Day Schedule and membership specials.

JANUARY 6, 2008	<i>(GetaGrip on your health Day)</i>	50% off memberships until January 8 th
JANUARY 13, 2008	<i>(GetaGrip on your health Day)</i>	40% off memberships until January 15 th
JANUARY 20, 2008	<i>(GetaGrip on your health Day)</i>	30% off memberships until January 21 ST
JANUARY 27, 2008	<i>(GetaGrip on your health Day)</i>	25% off memberships until January 31 ST

“We are dedicated to offering affordable, hassle-free, fun, non-intimidating, group classes in a safe and clean environment. We will not have overcrowding, a meat market environment, boring classes or memberships that you cannot cancel,” asserts Joanna Barrios, Program Director and Yoga Instructor for Getagripchicago.

All Getagripchicago’s fitness and sports programs consist of 10 steps with 3 customizable levels so that members can attend when their schedule permits and progress at their own pace.

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The membership benefits don't end there. Members also have access to an online community and activities and resources from all 5 divisions of Getagripchicago:

1. **Sports and Fitness Club** offers 10 steps or 3 levels classes\programs and include an online community, user blogs, forums for playing and workout partners, on-line e-classes, and a revolutionary *Program Performance Tracking System* to view completed steps or levels, watch class videos, drills, tips, and video analysis and instruction and more. We also have monthly expressincs (express clinics) and team-based fun. The last step of each program consists of a challenge and certificate. **Specialty Programs** include Express Fitness, Fitchix,, Fitstud, *Fit&Trim, FitGolf, FitTennis, FitRun, Yogagolf, Yogatennis, Pilatesgolf and more!*
2. **Knowledge Club** hosted by experts cover topics such as: how to start a small business, tips for buying real estate, professional women workshops, life management skills (careers, money, relationships, life coaching), and more. Expressinars (Express seminars) are conducted over lunch or dinner once per month. Members receive a 50% discount.
3. **Social Club** which partners with other social clubs such as Meet Market Adventures and Sargent Productions to offer year-round, fun events and outings like: scuba diving, sky diving, after work parties, pub crawls and much more. Members receive up to 50% off.
4. **Sports leagues and challenges** include express golf, tennis, bean bag toss, beach volleyball, flag football and 16" co-ed softball.
5. **Meet-up Group** – Meet new people, try new things and go new places via our meetup group. Non members can sample classes or attend events on a selective basis and pay as they go from the above clubs.

For a sample of events, see our 2006 features on Metromix.com, The Red Eye and the Booster. ([See Press, click here](#)).

Our Business partners include Home Gym Chicago, Community Chiropractic, Sargent Productions, Dojo-Chitown and Chicago Tennis and Golf.

Sponsors include Piazza Bella, Costello Sandwich & Sides, Mulligans Public House, Roscoe Village Cycles, File it Under "Complete," and Play it Again Sports (on Ashland).

For more information on Get a Grip America Inc.'s GetaGripDays, or general membership information please visit www.getagripchicago.com, email or call us.