

Visual Fitness Planner Promotes Warren Webb and Sam Lanasa to Key Vice President Positions

Fort Worth, TX - February 2, 2009 - The Visual Fitness Planner™ (VFP), celebrating its 10th year anniversary, is proud to announce the promotion of key team members to the positions of Vice President of Business Development and Vice President of Sales.



Warren Webb

The VFP has experienced significant growth over the last 2 years and is positioned to continue making a significant impact in the health and fitness industry. The VFP is a completely customized technology platform, creating a unique, visually powerful and successful sales and retention process for facilities in the Health and Fitness Industry. Currently, the VFP is serving 600 clubs in the U.S. and Canada.

Warren H. Webb, Vice President of Business Development, has been with VFP

for 6 years and is a mainstay with the company as it has grown. "Webb is a guy every company would love to have on their team. He is committed to the vision and long-term goals of the company and is tenacious in his ability to stay the course," says Daron E. Allen, President/CEO. Mr. Webb has been a business consultant for over 15 years

and specializes in the cutting-edge field of early to mid-stage companies. He was the founding director of two nationally known business incubators and nurtured numerous companies to economic success. Prior to that, he was an award winning Senior Analyst for Dun & Bradstreet.

Having joined the VFP in 2003, Webb's consulting and training services includes an array of services that focuses on key segments of operating performances that are essential to accelerate business growth, including marketing, business development, operational management and strategic planning and execution.

A key part of the growth in the VFP can be accounted for in the person of Sam M. Lanasa. Sam has been with VFP for over two years and has earned the



Sam Lanasa

promotion to Vice President of Sales. "Sam has proven himself day in and day out over the last 2 plus years with the Visual Fitness Planner. Since Sam has been on the team, he has managed to bring on over 160 clubs to the VFP platform. His internal motivation and personal commitment to success is contagious," says Daron E. Allen, President/CEO.

Sam has key expertise in the fitness industry that owners can tap to drive their business to greater profitability. "If you need help with sales systems from selling personal training at point of sale or building a profitable personal training department... Sam is your man", says Mr. Allen. Sam has ten years of experience from being a personal trainer, to a PT Manager to Regional Vice President of Sales. Sam has at one point managed over 800 personal trainers and developed sales systems for some of the best gyms in the country. Sam was one of the people involved in developing and launching the monthly EFT personal training business model. He has now developed, implemented and launched personal training systems in over 200 various health clubs.

Spectrum Athletic Clubs Completes Acquisition of Concord Athletic Club & Spa

San Antonio, TX - Spectrum Athletic Clubs announces the acquisition of the Concord Athletic Club and Spa in San Antonio, TX effective January 20, 2009. This acquisition expands the company's market share dominance in the local health and fitness industry. The purchase of the 65,000 square-foot facility adds another key component

to the company's larger goal of providing the health-conscious consumer with multi-location resort-like facilities and excellent customer service in a family friendly environment.

The acquisition of the Concord Plaza location is part of a major expansion program in the San Antonio marketplace, and follows the opening of Spectrum's

50,000 square-foot Evans Road Club in December, 2008. The acquisition gives Spectrum ten state-of-the-art venues in San Antonio. In late spring 2009, The UT Health Science Center will welcome the 11th Spectrum location on Floyd Curl Drive. Spectrum currently serves over 70,000 members in the San Antonio market. "The Concord

Plaza club is a great addition to the 'clustering' concept, which creates convenient fitness options to both home and work for our members," said Andy Gillen, Chief Operating Officer of Spectrum Athletic Clubs.

Spectrum Clubs, Inc. is one of the ten largest fitness companies in the United States. It currently has 10 locations in San

Antonio, Texas and 12 locations in Southern California and is headquartered in El Segundo, CA. With roots that trace back to 1974, in San Antonio, and 1979, in Southern California, Spectrum offers spacious, modern facilities, highly trained staff, the latest in fitness equipment, high-end amenities and a full range of fitness programming.

Wellbridge Announces 5th Colorado Athletic Club

DENVER, CO - On January 22, The Wellbridge Company announced the expansion of its Colorado Athletic Club brand with a 40,000 square-foot club in Downtown Denver's Tabor Center. Ed Williams, President and CEO of The Wellbridge Company/Colorado Athletic Clubs, noted, "we are fortunate to have the financial strength and industry track record to take advantage of the opportunities that this challenging economy presents to strong businesses."

Jay Kell, Chief Operating Officer of The Wellbridge Company/Colorado Athletic Clubs said, "We are excited to expand Colorado

Athletic Club's innovative and upscale fitness and wellness services in downtown Denver, Colorado. The Tabor Center location will make state-of-the-art, individual and group fitness and swimming conveniently available to the constantly expanding northern downtown business and residential market. With this brand expansion, we will also provide more suburban commuters with an opportunity to be active at work and at play."

The Colorado Athletic Club-Tabor Center is expected to open in late 2009 and will offer an open floor plan accented by floor-to-ceiling windows to provide abundant natural light

and downtown views. The club's facilities will be highlighted by a 25-meter, 4-lane indoor pool, state-of-the-art cardio and strength training equipment and innovative group fitness classes with studios dedicated to spinning, yoga and pilates. The club will also feature signature amenities such as well-appointed locker rooms with whirlpool/steam/sauna, towel service, certified massage therapy and a juice bar. More details are available at www.ColoradoAthleticClubs.com/TaborCenter.

The Colorado Athletic Clubs are a member of the Wellbridge family of clubs and serve as the premier athletic and

tennis clubs in the Denver market. All 4 current clubs specialize in programming such as Club Outdoors, and Triathlon Club that cater to the Colorado lifestyle by

challenging the elite and inspiring recreational fitness. They are also well known for their tenure, facilities and professionals in Tennis.

