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**IN-SHAPE HEALTH CLUBS Announces Grand Opening  
of New Stockton Downtown Location on January 18<sup>th</sup>.  
*85 Jobs Relocating to Downtown Stockton***

**Stockton, CA (January 12, 2010)** – In-Shape Health Clubs is announcing the Grand Opening of its newest club- In-Shape City: Downtown, a 15,000 square foot state-of-the-art fitness facility at 6 S. El Dorado Street in Stockton, California. In addition, In-Shape will also relocate their corporate headquarters on February 15, 2010 to occupy approximately 14,800 square feet of office space on the top floor of the building. This will relocate approximately 85 jobs to the downtown area and support local downtown businesses.

"We're excited to open this gorgeous new facility in Downtown Stockton," said Paul Rothbard, In-Shape's Chief Executive Officer. "Stockton is a large, diverse community and we wanted to have a club that would serve the needs of the corporate world."

In-Shape City: Downtown offers top-of-the-line cardio and weight training equipment, group classes, and stretching and abdominal workout areas for specially-reduced rates during this Grand Opening month.

"Our new club offers affordable rates and incredible fitness amenities to assist the downtown businesses in improving their employees health and fitness" said Rob Farrens, In-Shape's Executive Vice President.

The club officially opens its doors at **10am on January 18, 2010**; however, members of the media are invited to schedule a "sneak peek" of the facility on **January 14 & 15<sup>th</sup> from 12-2 or 5-6 PM**. Interested parties should book an appointment with club staff at (209) 518-4401.

A Grand Opening party will be held onsite on January 27th from 11am-2pm & 4pm-7pm. Members of the public and media are invited to see the new facility, enjoy hors d'oeuvres and prizes, and try out the equipment and amenities free of charge during the event. Interested consumers can call (209) 518-4401 to RSVP and request guest passes for their friends.

**About In-Shape Health Clubs**

In-Shape is ranked one of the top 20 health club companies in the United States and owns and operates 34 locations in California. Founded in 1981 with one club and a vision for helping people stay healthy and have fun, the company has experienced consistent success and growth throughout the state. In-Shape owns 5 clubs in Stockton – In-Shape Sport at 1074 E. Bianchi, 6545 Embarcadero Dr., and 2303 W. March Ln., and In-Shape City at 7920 Kelley Dr.