



Press Release
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FOR IMMEDIATE RELEASE

Contact: Christina Dexter, 608/310-6775

**New Self Renewal Center Helping
Athletic Club of Madison Members**

Madison, WI – New Self Renewal Center, a west side fitness club and spa, is offering members of the Athletic Club of Madison complimentary “Single Adult,” “Couple” or our new “Perfect Balance” memberships through the end of the year with the signing of a one-year contract of the same membership type. Perfect Balance memberships are designed for members needing to take advantage of our high quality drop-off childcare center. If you sign up this month, this means you’ll receive five months of free access to a top notch fitness facility!

Membership includes open use of the fitness equipment, Swedish showers and special member pricing on spa products and services, personal training and café items. Members can also take advantage of the fitness menu to sign up for classes. The fitness menu can be found on the website at www.newselfrenewal.com/fitness.php. A special is also being extended to Athletic Club of Madison members providing a welcome consultation to get familiar with the fitness equipment and the facility; as well as a free cup of gourmet coffee with each visit for the first month of membership.

New Self Renewal Center provides a small community that offers both fitness and rest, focusing on health and wellness for the whole person. It is designed to give people an opportunity to rejuvenate, grow and connect with others by offering fitness and nutrition training, spa services, enrichment classes and other activities for adults and children. The center also features a café serving custom-blended coffee, espresso, fresh bakery, delicious lunches and a variety of snacks.

Call 608/310-6775 to schedule a tour or visit www.newselfrenewal.com for more information. For members who will need child care, space is limited so act now!

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New Self Renewal Center, a new facility on Madison’s west side, provides a small community that offers both fitness and rest, focusing on health and wellness for the whole person. It is designed to give people an opportunity to rejuvenate, grow and connect with others by offering fitness and nutrition training, spa services, enrichment classes and other activities for adults and children. Membership includes open use of the fitness equipment, Swedish showers and drop-off childcare, as well as special member pricing on spa products and services, personal training and café items.