



Workout Anytime

## WORKOUT ANYTIME

**THE SKINNY:** Workout Anytime truly lives up to its name—the ample-sized gym is open 24/7, 365 days a year. Because of its flexible hours, it's not hard to find a free machine and rarely feels crowded.

**WEIGHING YOUR OPTIONS:** Certified personal trainers will show you how to use the machines for free—all you need to do is ask. Members and nonmembers can purchase Good Measure Meals, a food prep company that cooks up meals based on specific needs, like weight loss or diabetes. Meals are delivered to the location three days a week.

**LEARNING THE ROPES:** Membership starts at \$19 a month, and a one-week guest pass is available online. New members also receive one free personal training session. Locations include Acworth, Alpharetta, Cumming, Dallas, Douglasville, Atlanta, Hiram, Kennesaw, Marietta, Fairburn, Smyrna and Watkinsville.

[www.workoutanytime.com](http://www.workoutanytime.com)