

Briefcase

Business briefs from the area

Local fitness business expands

Team Spirit Fitness Centers, based in Altoona and owned by Clint Carothers, president, and Michael McConnell, vice president of business development, have announced plans to expand and open units in the Houston market.

The company, which has operated the Intrivah fitness center at 2012 Eighth Ave. for six years, has executed a master franchise agreement that has the potential to bring more than 60 units to the Houston market during the next several years.

From Mirror staff reports