

FOR IMMEDIATE RELEASE



New and Exciting Fitness Franchise will be Opening Units throughout Colorado.

Altoona, PA – March 14, 2008 – Team Spirit Fitness Centers is expanding its territory and will soon be opening fitness centers in cities throughout Colorado. The company executed a master franchise agreement with The Murray Group, Inc., who will be developing 50 fitness centers throughout the state over the next several years.

Wayne Murray, president of The Murray Group, Inc. and area representative for Team Spirit Fitness Centers in Colorado, was looking to develop a franchise concept and looked no further when he found Team Spirit Fitness. Mr. Murray has a passion for helping people and believes he can best accomplish that by developing the unique fitness concept throughout the entire state.

Michael McConnell, vice president of business development for Team Spirit Fitness Centers, is pleased to have Mr. Murray lead the development effort in Colorado to assist in further expanding the Team Spirit brand throughout the country. "We are very excited to have granted the master franchise for Colorado and to have Wayne and his organization become part of the Team Spirit family. Together with his passion for fitness and drive for business excellence, we believe we will see rapid growth in Colorado as the need for sound exercise and nutrition information grows throughout the United States."

The granting of the master franchise for Colorado along with the recent acquisition of the Houston territory is helping to attract attention on a national level. The company continues offering master franchise opportunities throughout the United States.

About Team Spirit Fitness Centers:

Team Spirit Fitness Centers, a Pennsylvania based fitness franchise, has developed a highly successful formula for long term success in curing obesity. The concept has proven to be effective in attracting men and women who normally would never set foot in a typical fitness facility. Members are educated and monitored on healthy nutrition principles that are designed to shed body fat quickly and safely while addressing the nutritional health issues facing today's baby boomer generation. Members create teams that compete against other teams and other franchises. Through the combination of team unity and friendly competition, accountability and a supportive, non-intimidating environment, Team Spirit Fitness Centers clients have enjoyed a higher than average success rate.

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