

FOR IMMEDIATE RELEASE



Pennsylvania Based Fitness Franchise Begins Operation in Houston Texas Market.

Altoona, PA – November 7, 2007 – Team Spirit Fitness Centers is expanding its territory and will soon be opening units in the Houston Texas market. The company executed a master franchise agreement that has the potential to bring over 60 units to the Houston Market over the next several years.

Freddy and Lance O'Pry, area representatives for Team Spirit Fitness Centers in the Houston area, recognized the potential of this concept right away. After achieving top sales figures in the expansion of a highly successful massage franchise in the Houston territory, the O'Pry's were looking to develop an area with a new concept that showed similar growth potential, while at the same time, addressing the health needs of the community.

"This concept is an example of right time, right place. You cannot read the newspaper or watch the news without getting hit with the fact that obesity is a national epidemic. Team Spirit Fitness Center's approach to nutrition, exercise, and support systems targets this growing demographic" stated Lance O'Pry.

Clint Carothers, president of Team Spirit Fitness Centers, is excited about the acquisition of the Houston territory and its representatives. "We are very pleased to have granted the master franchise for the Houston market and to welcome Freddy & Lance O'Pry and their organization, Franchise Development, L.P., to our franchise network. The O'Pry's impressive credentials have given us a bright outlook for growth in the Houston area and beyond."

The viability of this exciting new concept on a national and international level is evidenced by the acquisition of the Houston territory. Olvian Manz, franchise expert and president of International Franchise Center says "Team Spirit Fitness Centers are on the cutting edge of the next fitness revolution. Their built in support structure and sensible approach to nutrition and exercise are hitting the bull's-eye in the war against obesity. This exciting new concept is showing serious growth potential through master franchising and is rapidly expected to become a major national or international franchise".

The acquisition of the Houston territory is proving to be a catalyst in helping to attract attention on a national level. The company is currently 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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