

NORTH CANTERBURY COMMUNITY GYM CELEBRATES 5 YEARS IN BUSINESS



Paul and Julie Blackler have long dreamt of owning a gym. So when the opportunity arose to start up Anytime Fitness Rangiora in 2017, they jumped right in. For the avid gym-goers, embarking on this new journey wasn't just a good business decision; it was a lifestyle choice.

The couple are acutely aware of the health

benefits of exercise: Paul has battled with his weight since his youth, and Julie was regularly hospitalized as a child with chronic asthma. While Julie outgrew her asthma over time and maintains her fitness and lung health through regular exercise, Paul's journey was a lot different. After signing up to Rangiora's Biggest Loser weight-loss challenge in 2016 Paul noticed something was amiss during a gym session. Upon further investigation, his doctor discovered one of Paul's main arteries was 95% blocked. A stent was put in, Paul made a rapid recovery and went on to win the Biggest Loser competition. Paul's surgeon said going to the gym had highlighted the issue, potentially saving Paul's life, and that his fitness contributed to his speedy recovery. Paul's journey has made him fully understand the importance of keeping fit and has established a kinship with people from all walks of life looking to increase their health and fitness.

"As gym owners we want to help people succeed in their health and fitness goals," explains Julie. "When you sign on with us, you're not just signing up for a membership. You're embarking on a lifestyle journey that we will take alongside you. Our experienced coaches create a personalised journey for you, which

is then available for you to implement 24/7, with support, to reach your goals."

From the get-go, Julie and Paul were particularly focused on creating a welcoming and inclusive space. "Our aim was to open a gym where everyone feels comfortable. We've been to too many gyms where it's all about lifting the most weights or wearing the latest gym gear; that's not what we're about. We're here to help our members reach their health goals in a welcoming and friendly environment."

New members receive complementary fitness consultation, body scan and workout plan from their coach, who will be on hand to guide them as they embark on their journey. With 24/7 access to the central Rangiora gym members can fit their visits in to their own schedule. They also get access to the amazing Anytime Fitness app and Anytime Workouts app which lets them select, personalise and track workouts, engage with their coach and book in for the range of small group classes on offer at Anytime Fitness Rangiora.

"We strive to keep our classes small, our workout areas clean and spacious, and our offering very affordable. For us, it's all about the members."

"We would both like to sincerely thank our staff and community members for their amazing support in helping us get to our fifth birthday. We're excited about the next five years as we continue to 'Make Healthy Happen' here in Rangiora!"



BIRTHDAY OFFER

Join on a term membership:

\$5 key fee, \$5 joining fee, First five weeks free, free body scan, free fitness consultation and workout program.

Thursday 17-11-22:

Free coffees & Birthday cake for members between 3:30 & 5:30pm.
\$5 Evolt 360 body scans all week 14-19 November.

Be in to win prizes during the week keep an eye out for how to win.

 **RANGIORA**
194 King Street

