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For Immediate Release

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**TEAMWORKS NAMED ONE OF THE 30 BEST GYMS IN AMERICA
BY MEN'S HEALTH MAGAZINE**

Acton, MA (March 2008) - Men's Health Magazine, the top fitness magazine in the world, has named TEAMWORKS as one of the "30 Best Gyms In America" in their recent March 2008 edition. The honor comes in just the third year of the fitness division's existence.

"It is a real honor to be recognized by a great magazine like Men's Health. It's a true testament to all the hard work and passion that our team brings to the table each day. The Men's Health brand continues to grow and evolve and we feel the same way about our team and the services we offer" says David Jack, Teamworks Fitness Director.

The company is becoming more involved with educational mediums which enable it to share experiences and knowledge with industry professionals and those seeking healthier lifestyles. David Jack's involvement with Men's Health Magazine, as well its FitSchools project as a national advisor, and Performance Director Jeremy Frisch's article submissions to T-Nation (the countries largest online strength training forum), Men's Health and Pulse Magazine are initial steps in that direction. The team plans to continue sharing ideas and training tools and will do so through partnerships, articles, online content and then products. The first product, due to launch this Fall, will focus on combination training for sports performance and fitness.

About TEAMWORKS

Teamworks Fitness was created as a division of Teamworks Centers, New England's premier indoor sport and recreation company, in 2005 by Teamworks majority owner, President/CEO Thomas McLaughlin and Teamworks Fitness Director David Jack. It was developed to bring effective, appropriate and convenient fitness training, education and wellness solutions to adult clientele, youth, corporations, and the community at-large. It launched its first boutique fitness and personal training facility in Marlborough, MA in the Fall of 2006 in partnership with Marriott Hotels. It also has several strength and conditioning locations throughout metro-west and central MA under the CATZ brand, focusing on its younger and more competitive clientele.

About Men's Health

Men's Health is part of the Rodale family, which also publishes a number of fitness-oriented magazines such as *Prevention*, *Runner's World*, and *Women's Health* as well as books such as *The Abs Diet*, *The South Beach Diet*, and *Eat This, Not That*.

<http://www.menshealth.com/bestgyms/>

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