

FOR IMMEDIATE RELEASE

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Contact:

Jamie Carter, Regional Manager

Planet Fitness- Edwardsville

Phone: (618) 555-2987

Email: jcarter@planetfitness.com

Planet Fitness Launches “Stronger Together” Community Fitness Week to Promote Health

Planet Fitness announces its upcoming “Stronger Together Community Fitness Week,” which is an event geared to promote health, diversity, and community connection. The event takes place November 10-16, 2025 at the PF Edwardsville location with open gym access, group fitness classes and more.

This aims to encourage people of all fitness levels to experience Planet Fitness’s “Judgement Free Zone” while strengthening the local community bonds. Participants can enjoy activities such as combined group cardio sessions, beginners yoga, and classes for fitness education from certified trainers. Local health experts are available to offer free wellness assessments.

“Planet Fitness has always been more about then just working out, it's about creating a

space where everyone feels supported and accepted” said Jamie Carter, Regional Manager for Planet Fitness in Edwardsville.

Attendees can go online to register for free at www.planetfitness.com/strongertogether.

The event features local vendors, door prizes, and a chance to win a year membership to Planet Fitness. The event supports the PF values of having a positive fitness experience while creating community locally.

About Planet Fitness:

Planet Fitness was founded in 1992 and is one of the fastest growing franchise fitness centers in the United States with more than 2,400 locations. The mission for the company is to offer high quality fitness experience with the environment of the “Judgement Free Zone”. Everyone will get to experience this regardless of your level of fitness knowledge.

Media List Target

Contact: Sarah Whitefield- Health & Fitness Editor

Email: swhitfield@post-dispatch.com

Publication: *St. Louis Post-Dispatch*

Contact Mike Malone- Community News Reporter

Email: mmalone@theintelligencer.com

Publication: *Edwardsville Intelligencer*

Contact: Bethany Williams- Lifestyle and
Local Event Writer

Email: bwilliams@riverbender.com

Publication: RiverBender.com

Contact: Kevin Parker- Regional Features
Editor

Email: kparker@bnd.com

Publication: *Belleville News- Democrat*