

In-Shape Family Fitness Acquires National Fitness Center

SACRAMENTO, CA., December 18, 2023 – In-Shape Family Fitness (In-Shape) today announced the acquisition of Knoxville, Tennessee-based National Fitness Center marking a significant move to grow its fitness industry footprint.

This acquisition marks another major fitness addition, and the first in Tennessee, to In-Shape's progression. The team at In-Shape Family Fitness, together with the team at National Fitness Center, will now operate 70 clubs in California and Tennessee and is poised for continued growth.

"For 36 years, I've poured my heart into building National Fitness Center into what it is today. After a thorough selection process, I'm convinced our incredible team and engaged community of members will be in good hands with In-Shape and that they'll maintain the standards and culture we've created," said John Captain, CEO and founder of National Fitness Center. "In-Shape is rooted in its communities and dedicated to serving them in the same way we are here in East Tennessee."

National Fitness Center boasts 7 locations in the Knoxville area, providing an extensive range of services and amenities to cater to every age and fitness level, and aligning perfectly with In-Shape's California-based offering. The brands have similar histories, values, vision, and a shared passion for family and fitness.

"We're thrilled to unite with National Fitness Center and for the opportunity to build on their strong foundation. Together, the potential for growth and innovation is huge and we're eager to embark on this journey together," said Randy Karr, CEO of In-Shape Family Fitness. "It'll be business as usual for team members – continuing to deliver top-tier classes, training, amenities, and an unparalleled fitness experience for our members while we plan future investment and upgrades."

The team at National Fitness Center will continue to be led by Lee Sloan, Director of Operations and Sales. Mr. Sloan will report to Jason Allen, Senior Vice President of Operations and Sales, and the rest of the executive team at In-Shape Family Fitness. John Captain will retire and no longer be involved with the company.

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