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**FOR IMMEDIATE RELEASE**

**Frackville Exercise Facility Announces 24-Hour Information Access**

**June 7, 2004 – Frackville** – Just Aerobics and Fitness Center of Frackville announced the launch of their newly redesigned website – [www.justaerobics.com](http://www.justaerobics.com). The new design, created by CrossRoads Multi-Media, places special attention upon what Just Aerobics current members were looking for, Just Aerobics placed its focus on the services, equipment and classes that they offer.

One of the most advantageous features of the new website is their downloadable class schedule. The schedule is updated monthly and can be accessed by any visitor to the site any time of the day or night. Even when the gym is closed members can check and see when the class they want to attend is offered.

Also featured on the site is specific information about the exercise equipment found inside of Just Aerobics and Fitness Center. From free weights, treadmills and elliptical machines the facility has a fit for the beginner to the more advanced exerciser. Just Aerobics also offers personalized training for its members who are in need of learning exactly how to work the equipment or in need of a specialized program.

“The most important concern to us at Just Aerobics and Fitness Center is educating our members on the equipment that will successfully help them attain their exercise goals. Whether a member is recovering from surgery, needs to start a new exercise program or is brand new to our gym, we strive to give our members the knowledge to make their workouts more fulfilling”, explained Lori DiRenzo-Tarson, owner of Just Aerobics and Fitness Center.

All of this information and more is now available on Just Aerobics and Fitness Center's new website. The gym is hoping to add more features to the website in the near future. Looking to educate the visitors to their site, Just Aerobics hopes to add featured articles about exercising as well as newsletters to subscribers.

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***About Just Aerobics and Fitness Center***

Just Aerobics and Fitness Center is a full service exercise facility located on the outskirts of Frackville, PA. The facility has a wide range of exercise equipment and a separate class area for a large selection of exercise classes. For more information about Just Aerobics and Fitness Center, please contact Lori DiRenzo-Tarson at 570-874-3787.

***About CrossRoads Multi-Media***

CrossRoads Multi-Media is a new company located in the Pottsville Schuylkill Technology Incubator, in Pottsville. The focus on their business and services centers around combining technology and marketing. Search engine optimization, 1 minute business cards, website creation and technical consulting are just a few of the services that CrossRoads Multi-Media specializes in. For more information about CrossRoads Multi-Media, please contact Liana Evans at 570-590-5763