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FOR IMMEDIATE RELEASE

Central Pennsylvania’s only **blitz45** location is now open

Mechanicsburg, PA — October 29, 2021— **blitz45** celebrated its grand opening with a ribbon cutting ceremony with the Mechanicsburg Chamber of Commerce on October 14th.

blitz45 is owned by Doug and Terri Smith. This facility offers group training with personal training, blending them into one while creating a unique and exciting Functional Training Studio.

blitz45 offers much more than a generic workout, Functional Training has exploded in popularity with the fitness industry due to its powerful impact on people’s lives. Programs are based around studies which show that exercise of the whole body will build core strength, shred fat, enhance endurance, and strengthen muscles.

Not an ordinary, big box gym, **blitz45** features certified trainers, invigorating workouts, and state-of- the-art equipment. Fitness programs are fun for everyone, regardless of where a member is in their fitness journey.

“The core belief behind **blitz45** is to help our members become the best version of themselves, so that they are led to live richer and more fulfilling lives. Our family-owned fitness studio is truly impassioned to build up our communities’ members however we can”, says owner Doug Smith

blitz45 is located at 3445 Simpson Ferry Road, Camp Hill. Their hours are Monday - Thursday 6:30am-7:30pm; Friday 6:30am – 6:30pm; and Saturday 7:30am – 11am. For more information, visit <https://blitz45camphill.com/> or call 717-722-5489.



Picture CAPTION:

Owners Doug & Terri Smith cut the ribbon with Jeff Palm, Executive Director of the Mechanicsburg Chamber of Commerce, to celebrate the grand opening of **blitz45** Functional Fitness Studio. They are joined by Representative Greg Rothman, Hampden Township Supervisors - John Thomas and Sherri Chippo, Mechanicsburg Chamber Board Members, family, and staff.

About Mechanicsburg Chamber of Commerce

The Mechanicsburg Chamber of Commerce supports a variety of community, business and economic development programs throughout the year. It has over 400 business and residential members throughout South Central Pennsylvania; and focuses on the Mechanicsburg Borough, Hampden, Lower Allen, Monroe, Silver Spring and Upper Allen Townships.

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