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FOR IMMEDIATE RELEASE

Chase Fitness continues to offer personal attention at newest location

Mechanicsburg, PA —**Chase Fitness** celebrated its grand re-opening at a new location with a ribbon cutting ceremony with the Mechanicsburg Chamber of Commerce. In less than a year, **Chase Fitness** had grown to a level that expanded facilities were needed. Still in the Rossmoyne Business Center, **Chase Fitness** moved across the street to a larger site that now offers more opportunities for personal training and small group coaching.

Chase Fitness is owned by Melissa Chase - a personal trainer and a licensed physical therapy assistant. Melissa collaborates with her sister, Kelly Chase, for this facility to offer 1 on 1 private training and small group training, along with providing nutritional advisement to assist all clients in reaching their fitness and health goals.

Chase Fitness is unique in that it works in a cozy setting to take advantage of personalized guidance of their expert private trainers. For those who do better with a little help from their friends, **Chase Fitness** does offer small group instruction which provides a controlled size that does not inhibit the attention of the personal trainers to the customer's needs.

“At **Chase Fitness**, we provide a safe and welcoming training space for adults 40 and over that will not only challenge them physically, but also culture their growth mentally and emotionally”, says owner Melissa Chase. “I have always seen the need for a space where people can work out, get stronger, and chase their health and wellness goals without feeling the intimidation of being in a large box gym

setting. Our goals are to create this space to become the "third place" for our members, first being their home and second being their workplace."

Chase Fitness is now located at 4909 Louise Drive, Suite 203, Mechanicsburg in the Rossmoyne Business Center. For more information, scheduling, and pricing, visit <https://chasefitness.net>, e-mail hello@chasefitness.net, or call 717-402-8737.



Picture CAPTION:

Owner Melissa Chase cuts the ribbon with Jeff Palm, Executive Director of the Mechanicsburg Chamber of Commerce, to celebrate the grand re-opening of **Chase Fitness** Personal Training Gym at its new, expanded location. Joining them are Melissa's sister and fellow trainer, Kelly Chase, representatives from State Representative Thomas Kutz's office and Lower Allen Township, Mechanicsburg Chamber members, family, and friends.

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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