

FOR IMMEDIATE RELEASE

The Press Gym Named January Bodybuilding.com Gym of the Month

Boise, ID – February 1, 2009 - Bodybuilding.com, the Internet's most-visited bodybuilding and fitness site and largest retailer of nutritional supplements, has selected The Press Gym of St. Paul, Minnesota as January's Bodybuilding.com Gym of the Month. Bodybuilding.com bestows Awards of Excellence to nutritional supplement companies and other industry organizations. They now set the precedent for what makes a gym worthy of this prestigious award.

"To highlight great gyms, we wanted to present one gym per month with the Bodybuilding.com Gym of the Month award. We hope that everyone is looking for the same things we are in a great gym: friendly knowledgeable staff, lots of free weights, the right type of machines, and a motivating environment where serious training is taking place... all at an affordable price," says Bodybuilding.com CEO Ryan DeLuca.

Established in 2000 by Dan & Kim Stock, The Press Gym has become one of the top gyms in Minnesota. After being in the health club business for over 20 years as personal trainers, the Stocks took their passion to the next level, opening the gym as a business they could own and run together.

The Press Gym is one of the last "old school" gyms left in Minnesota. As the large chain clubs have moved in, they've forced most small, independently-owned places out of business; but The Press Gym has been able to hold their own. They offer a training atmosphere that is different from any other place in town, and are the only gym in the country with a tattoo studio inside (Beloved Studios II).

The Press Gym has a huge selection of free weights and machines, as well as great cardio equipment. Their 600 members range in age from 14 to 80, and are comprised of quite a few powerlifters and bodybuilders—but their average members are people who enjoy working out in a place that is serious about training, and don't feel the need for such amenities as swimming pools or basketball courts.

The Stocks feel the key to The Press Gym's success over competitive large gym chains is due to hard work, great members, and the fact that they offer a friendlier, more authentic atmosphere than anywhere else around. "We really enjoy what we do, and people can see that in our gym," explained Dan Stock.

For these reasons, The Press Gym has earned the title of January Bodybuilding.com Gym of the Month.

For more information visit http://www.bodybuilding.com/fun/press_gym.htm?mcid=EPRRL0203089

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