



NEWS RELEASE

Get Your Tax-Relief "Rest On" With Free HydroMassages For All At Planet Fitness From April 11 - 20

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Members and Non-Members Invited to Recharge from Tax Filing Stress at Planet Fitness Locations Nationwide "File" Away that Stress with a 1,040-Second Long Workout Specifically Designed to Help You Reduce Your Tax-Filled Anxiety

HAMPTON, N.H., April 11, 2019 /PRNewswire/ -- **Planet Fitness**, Inc., one of the largest and fastest-growing franchisors and operators of fitness centers in the United States, invites everyone – whether a member of the Judgement Free Zone® or not – to get their "rest on" from tax season stress with a free HydroMassage® at any of the more than 1,700 Planet Fitness locations nationwide. The limited-time offer* is available from April 11 – 20; to redeem, de-stressers need only bring in a coupon, which will be available at [PlanetFitness.com/Hydro](https://www.planetfitness.com/hydro) beginning April 11. Click [here](#) to find a Planet Fitness near you.

Available all day, every day to all Planet Fitness Black Card® members in the PF Black Card® Spa, HydroMassage provides a convenient way to enjoy the relaxing benefits of a massage, typically enjoyed either pre-workout to loosen tight muscles or post-workout as a cool-down. Travelling jets move up and down the body with wave-like streams of heated water, allowing users to select the exact points where they would like to concentrate the massage, select the desired massage pressure, adjust the speed and even hold the massage in any given area.

"Especially during stressful times like tax season, we all know how important it is to get a few moments of relaxation," commented Paul Lunter, HydroMassage President. "Over the last 10 years, we've heard from so many

who have been helped by HydroMassage, and Planet Fitness has been gracious to open its doors again this year to those who need a little rest and relaxation nationwide. We encourage as many people as possible to take advantage of the free massage offer."

For those looking to "work out" their tax-related tension, Brian Zehetner – Director of Health and Fitness for Planet Fitness – developed a one-of-a-kind 1,040-second long workout (17 minutes) in the spirit of the 1040 tax form. The exercise program covers a full body workout designed to help you relieve all of that filing-related stress:

THE PLANET FITNESS "1,040 SECONDS TO TAX RELIEF" WORKOUT		
EXERCISE	FOR HOW LONG	TIPS
Inchworm	30 seconds	Hinge at your hips and walk your hands out until you are in a plank position with your body in a straight line from your head to your toes. Keep your core engaged and avoid locking out your elbows in the plank before walking your hands back.
Windmill	30 seconds	Reach one hand down to touch the opposite foot while keeping the other arm extended vertically overhead. Position your head and neck so that you can see your extended arm.
Repeat one more time!		
Rest for 30 seconds		
Push Ups	30 seconds	Keep your core engaged and maintain a straight body position from your head to your toes throughout the movement. Avoid locking out your elbows at the top.
Rest for 15 seconds		
Lunges	30 seconds	Keep your core engaged and make sure your upper body stays in an upright position throughout the movement. Your front knee should not go past your toes.
Rest for 15 seconds		
High Knees	30 seconds	Keep your core engaged and bring your knees up as high as possible while simulating running.
Rest for 15 seconds		
In and Outs	30 seconds	Start in a lying position with your legs just above the floor. Lift your upper body and lower body at the same time so that your knees meet your chest.
Rest for 15 seconds		
Repeat one more time!		
Rest for 30 seconds		

Single-Leg Plank Crunch and Extend (L)	30 seconds	Keep your core engaged and drive your knee toward your chest in a plank position. Extend the knee and the hip back vertically as you push with your arms. Your upper body and opposite leg will be in a pike position at the top.
Rest for 15 seconds		
Squats	30 seconds	Keep your chest up, back flat, and core engaged as you lower your body. Shift your hips back so that your knees don't go past your toes. Push through your heels to return to the top.
Rest for 15 seconds		
Single-Leg Plank Crunch and Extend (R)	30 seconds	Keep your core engaged and drive your knee toward your chest in a plank position. Extend the knee and the hip back vertically as you push with your arms. Your upper body and opposite leg will be in a pike position at the top.
Rest for 15 seconds		
Speed Skaters	30 seconds	Keep your core engaged throughout the movement. Your knees should be at roughly 90-degree angles as you jump from side to side.
Rest for 15 seconds		
Repeat one more time!		
Rest for 30 seconds		
Huggers	30 seconds	Swing your arms behind you and then bring them forward and around your shoulders with bent elbows.
Downward Dog	30 seconds	Keep your core engaged and push back with your hands as you raise your hips. Your body should create a nice V shape. Avoid locking out your elbows and knees.
Repeat one more time!		

"Filing taxes can be extremely stressful and time consuming," said Roger Chacko, Chief Commercial Officer at Planet Fitness. "No matter how you prefer to relieve your filing-related stress, Planet Fitness is here to help make the process a rewarding and positive one with a fun tax relief workout or relaxing HydroMassage – or both! A quick 17 minute workout can do wonders for both your mental and physical health."

Planet Fitness offers extremely low prices and a variety of benefits, including a hassle-free environment, brand name cardio and strength equipment, fully equipped locker rooms, flat screen televisions and much more. The Planet Fitness Black Card®** membership for \$21.99 a month includes additional perks such as access to any club at no additional charge, the ability to bring a guest anytime, and additional amenities like unlimited use of massage chairs, HydroMassage beds, and more.

Planet Fitness also provides members with an opportunity to connect and support each other with "Planet of

Triumphs," an online community that celebrates all accomplishments and inspirational stories of Planet Fitness members. Planet of Triumphs provides an online platform for members to recognize their triumphs (big or small), share their stories and encourage others, reinforcing the Company's belief that 'everyone belongs'. Check out real Planet Fitness member stories and accomplishments at PlanetofTriumphs.com.

To redeem the coupon and treat yourself to a free HydroMassage or find the nearest Planet Fitness club, please visit PlanetFitness.com/Hydro. The coupon will be available online starting April 11.

*Offer applies to anyone ages 18+, valid ID required

**Black Card membership fees vary by location

About Planet Fitness

Founded in 1992 in Dover, NH, Planet Fitness is one of the largest and fastest-growing franchisors and operators of fitness centers in the United States by number of members and locations. As of December 31, 2018, Planet Fitness had more than 12.5 million members and 1,742 stores in 50 states, the District of Columbia, Puerto Rico, Canada, the Dominican Republic, Panama and Mexico. The Company's mission is to enhance people's lives by providing a high-quality fitness experience in a welcoming, non-intimidating environment, which we call the Judgement Free Zone®. More than 95% of Planet Fitness stores are owned and operated by independent business men and women.

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