

Anytime Fitness - East Lyme ~ *Strengthening Your Well-being*

If you want to feel well supported at your fitness club, you should expect: a thoughtful, comprehensive interview to determine your goals and understand any medical issues you have; regular assessments to ensure you're making progress; guidelines about what not to do so you don't injure yourself or aggravate past problems; and commitment by staff to share your journey and help you achieve the results you desire.

Every member of the East Lyme Anytime Fitness Club has this support and they know it! They return the compliment with referrals: 80% of new members join through word-of-mouth. Opened this past summer on their August 6 anniversary date, Axel and Lynnea Mahlke's club is comfortable, friendly and spotless. It's outfitted with top notch equipment and staffed with expert, caring professional trainers. Axel studied orthopedic medicine at Hamburg University, Germany prior to completing his degree in medical sciences and sports medicine there. A certified personal trainer for 14 years, he helps members improve their health and feel empowered by their increasing strength and fitness. "Physical well-being can't be bought in a bottle. But if a person works out just 2-3 times a week for twenty minutes they achieve the results they strive for! They begin to feel better every day and want to keep coming back to work out. Besides, people tell us it's like having a mini-vacation when they're here," Axel added, smiling.



Axel and Lynnea Mahlke ~ helping club members feel better every day.

Axel and Lynnea chose the East Lyme location to stay close to family. Their two little boys go to school here and their grandparents are nearby in Madison. "We love living here," said Lynnea, "and we're happy knowing we're being helpful to our local community."

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