

NEWS RELEASE

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Men's Health Magazine Names CATZ Sports Performance Centers to its list of Top 10 Gyms in America

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Third consecutive time that Men's Health has recognized CATZ as a Top Gym in America.

CATZ is one of two gyms in the USA to make list three consecutive times.

(Needham, MA) -- Men's Health Magazine, the largest health and fitness magazine for men in the world, has named CATZ Sports Performance Center as one of the "Top 10 Gyms in America." This honor marks the third consecutive time that Men's Health has named CATZ as one of the Top Gyms in America.

"We are thrilled to once again be recognized as one of the top places to train in America," said Jim Liston, CATZ Founder and President, "Our innovative and comprehensive training programs provide active people, both young and old, with the best training program and environment possible. Whether it's a high school athlete seeking to play at the next level, a mom or dad looking to get fit, or a younger child needing to learn the joy of physical activity, CATZ helps our clients achieve their goals."

Having previously been named Top Gym by Men's Health in September 2005 and April 2008, CATZ is one of only two gyms in the United States that have been named to this elite list three consecutive times.

About CATZ Sports Performance Centers

CATZ Sports Performance Center (Competitive Athlete Training Zone) is recognized as a leading provider of sports performance training to athletes of all ages and abilities. For more than a decade, CATZ has trained athletes to enhance their speed, agility, strength, power, and quickness, while also focusing on reducing the risk of injuries. CATZ operates 13 training centers around the country. For more information, please go to www.catzsports.com.