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## **IN-SHAPE HEALTH CLUBS PARTNERS WITH FREMONT PRIVATE HOLDINGS AND PULSE EQUITY PARTNERS**

*Stockton, California* – (January 2, 2013) – In-Shape Health Clubs (“In-Shape”), a leading operator of health clubs with more than 60 locations in California, has partnered with Fremont Private Holdings (“FPH”) and Pulse Equity Partners (“Pulse”) to support its ongoing expansion in existing and new markets.

In-Shape opened its first club in Stockton, California in 1981 and has grown steadily since then to become one of the 15 largest operators of health clubs in the country. From the beginning, the Company has stayed true to its mission of helping people get and stay healthy in a fun and friendly environment. The Company’s family-focused facilities provide members with state-of-the-art equipment and amenities.

In-Shape will continue to be led by CEO Paul Rothbard, who commented, “FPH and Pulse are the perfect partners for our business. We share the same vision for the company. This new relationship will enable us to continue our steady growth.”

According to Scott Earchy, Managing Partner of FPH, “In-Shape exemplifies everything we look for in an investment – an attractive service offering, a proven and dedicated team, and a demonstrated history of growth. We look forward to supporting Paul and the management team as they enhance In-Shape’s club offerings in the years ahead.”

“In-Shape is a very special business due to its compelling value proposition for members, its first class facilities, and its great management team. In-Shape fits perfectly with our focus on partnering with leading health and wellness businesses,” added Doug Lehrman, CEO of Pulse.

For more information on In-Shape or to locate a club in your area, please visit [www.inshapeclubs.com](http://www.inshapeclubs.com).

### **About Fremont Private Holdings**

Fremont Private Holdings (FPH) is the direct private investment arm of Fremont Group<sup>®</sup>, a San Francisco-based private investment company with a long history of investing across a broad array of asset classes. FPH works in partnership with experienced entrepreneurs, independent sponsors, private equity firms, and family offices to originate, evaluate, and execute investments in private middle market businesses.

For more information, please visit [www.fremontgroup.com](http://www.fremontgroup.com).

### **About Pulse Equity Partners**

Pulse is a private equity firm whose sole focus is to make investments in health and wellness companies. Its three target areas are healthcare services, active lifestyles, and nutrition, which form the nexus of health and wellness. Pulse partners with management teams and brings its expertise and unique capabilities to create value.

For more information, please visit [www.pulseequity.com](http://www.pulseequity.com).