



**Mosman Daily**  
**Thursday 2/12/2010**  
Page: 30  
Section: General News  
Region: Sydney, AU  
Circulation: 36364  
Type: Suburban  
Size: 148.27 sq.cms.

# Gym hours a perfect fit for modern lifestyles

THE first 24-hour business to be approved by North Sydney Council opened in Neutral Bay recently.

Anytime Fitness, on Military Rd, is part of a 24-hour fitness club franchise for men and women.

The opening hours are under a six-month trial imposed by the council.

Mosman resident Steven Decent, co-owner of the

Anytime Fitness Neutral Bay, said he was excited about bringing the concept to Neutral Bay.

“Giving people the opportunity to work out anytime makes it easier for them to stay committed to their fitness goals,” he said.

“Whether you’re an early bird, a shift worker or simply feel like jumping on a treadmill at 11pm, the

opportunity is there.”

The gym offers cardio, strength and free weight equipment and personal trainers.

During non-staffed hours, the club will be monitored through security systems including a network of CCTV cameras, personal alarms and tailgate alarms, Mr Decent said.



Carine Mousseux, Steven Decent and Josh Seaman at Anytime Fitness.