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RMAX INTERNATIONAL LAUNCHES FLAGSHIP ATHLETIC CENTER IN PARTNERSHIP WITH THE BELLINGHAM ATHLETIC CLUB

*RMAX Gym, Ltd. to offer private and group sessions
promoting health first and forever*

Atlanta, Ga., December 26, 2006 . RMAX International, a health and fitness organization founded upon the Circular Strength Training® System (CST), will officially open the first RMAX Gym, Ltd. in Bellingham, Wash., in partnership with the Bellingham Athletic Club.

Opening January 6, 2006, the initial RMAX Gym, Ltd. will be a 600-square-foot facility within the Bellingham Athletic Club's Downtown site. A 2,000 square-foot-location at the Bellingham Athletic Club's Cordata location is scheduled to open September 2007.

"Creating and opening these two RMAX branded facilities is a dream come true," said Scott Sonnon, creator of CST and founder of RMAX International. .After a lifetime of developing programs that benefit all types of people emotionally, physically and mentally, I am delighted to provide a hub where these systems can be offered.

The RMAX Gym, Ltd. will offer group and private CST sessions throughout the day, which will be taught by Sonnon and other CST certified instructors. The facility will also sell RMAX's wide selection of CST training and instruction DVDs as well as their patented Clubbell® weight systems.

"We are excited and honored to have the very first RMAX Gym and CST facility in our club," said Justin White, Downtown Operations Manager of the Bellingham Athletic Club. Because of the RMAX gym's ability to offer quality workouts for all ages and athletic abilities, we know that this venture will be a great success."

To celebrate the official opening, RMAX will host *"The Shield vs. The Axe"* - a fitness competition pitting five members of the Bellingham Police Department against five members of the Bellingham Fire Department in a true test of fitness mettle. The challenge will consist of six CST *"Tactical Fitness"* events: Clubbell Swipes, Medicine Ball Wall Shots, Parallette Half-moon Presses, Monkey Bar Climb, Plyo-box Jumps, and Kettlebell Jerks.

In addition, Scott Sonnon will be performing a world record attempt in the former Olympic sport of club swinging. The current record is 1,420 repetitions, which Scott will be attempting to break with 2,007 repetitions to usher in the New Year.

CST's 'prehab' formula (in deference to rehab) is designed to prevent physiological damage, reduce future joint pain and improve overall health and fitness. The three wings of CST can be performed individually or as a complete program to achieve the best possible results. These wings are:

Ageless Mobility: focuses on basic movement, structural body alignment and simple breathing to assess and reassess areas of weakness.

Dynamic flow yoga: provides counter-balance to the body, compensating for the positions one adapts to during daily routines.

Natural athleticism: swinging Clubbells, the official CST weight, to provide multidimensional resistance, mobility and correct balance of tension on joints and muscles.

At the new RMAX Gym, Scott Sonnon will also be conducting Russian Sambo Submission Grappling and Mixed Martial Arts Classes, as the former USA National Team Coach and International Champion.

CST and other RMAX programs are taught and offered by certified trainers who work privately and at gyms and fitness centers around the country. Sonnon's *Health First and Forever* approach is intended to protect joints and muscles and has been used successfully by tens of thousands of people around the world.

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ABOUT RMAX INTERNATIONAL:

RMAX is an international health and fitness organization founded upon the Circular Strength Training® System. CST involves a 'prehab' approach to health and fitness combining pain-free mobility, dynamic flow yoga and natural athleticism. This approach employs pain-free, injury-free techniques so you can care for your body and prevent damage in the future. CST comprises three wings. These components are performed individually or as a complete system to achieve the best possible results.

For more information, log on to RMAXinternational.com.

ABOUT THE BELLINGHAM ATHLETIC CLUB

Bellingham Athletic Club has been Whatcom County's Health and Fitness leader since 1975. The two Bellingham Athletic Club facilities, BAC Cordata at 4191 Meridian Street and BAC Downtown at 1616 Cornwall Avenue, offer the best in service, equipment, and cutting edge technology.

For more information, log on to www.BellinghamAthleticClub.com.