

fitwell

Name: fitwell

Location: 842 FM 471 N. Castroville, TX 78009

What is fitwell?

Ashlee Bates, Community Relations Manager: A locally owned and operated family physical fitness center located in Castroville, **fitwell** is focused on fitness, health and well-being.

Why is Medina County a good place for your business?

AB: Building our business in Medina County was the right move for numerous reasons, but much of our success has to do with the community itself and our desire to truly serve its health, wellness and fitness needs. When we opened our doors in 2014, the Medina community welcomed our concept of a family-oriented fitness center in a big way.

What is your favorite thing about being located in Medina County?

AB: Locally owned and operated, **fitwell** has just one location outside of Castroville. We're a people business, and being a strong part of the community is our favorite thing. There's a richness in the relationships we have formed with our members that would be difficult to duplicate in a different location.

Do you believe that Medina County offers enough resources for your business to succeed?

AB: Yes! We successfully meet many of our supplier and business needs by working together with local companies right here in Medina County. Most of our staff and members are Medina County residents.

You have contributed more than \$5,000 to the community – why is this an important aspect of your business?

AB: Giving back to our community is embedded in our mission. Whether it's providing membership fee discounts for teachers, active-duty military and first responders or sponsoring community events, we look for ways to meaningfully engage with our community in ways that align with our fitness and wellness mission.

Tell us a fun fact about fitwell.

AB: Anyone 18+ who's interested in joining our gym is encouraged to try us completely free of charge. Additionally, there is no initiation fee for new members and no long-term contracts...just a monthly fee.