



**Expresso Fitness<sup>®</sup> Announces Winner of the “Change Your Pace” Contest  
March 6 to March 8, 2008**

During the IHRSA 2008 Trade Show, Expresso Fitness hosted the “Change Your Pace” contest encouraging IHRSA attendees to stop by the Expresso booth and ride an Expresso interactive cycling system. Those who participated received an entry into a drawing for the chance to win their choice of an Expresso Upright or Recumbent Bike worth over \$5,000.

Hundreds of enthusiastic riders accepted the challenge. Throughout the three day trade show, the Expresso booth was filled with smiling riders as they experienced the thrill of climbing mountain passes on Expresso Tours™, collecting coins and dragons on Expresso Chases™ or going head to head in a networked virtual race against friends.

Mark Tappan, Director of Operations of Spare Time Clubs, took a ride on an Expresso Bike and was rewarded when his name was drawn as the winner. “What a surprise, I couldn’t remember the last time I’d won something,” Mark exclaimed. “The bikes are eye-catching and have ‘sizzle’, with their virtual reality interactive component. This type of equipment can help a club create differentiation from the run-of-the-mill exercise room,” he explained. Mark chose the new Expresso Recumbent Bike as his prize. The system will be placed in the newest Spare Time sports club, the Diamond Hills Sports Club and Spa, located in east Contra Costa County, CA, when it opens in the fall. The 58,000 square-foot facility will be the largest club built by Spare Time and will include extensive fitness amenities, including a gymnasium, a Kids’ Club and Play Center for children, and complete outdoor recreation facilities.



**Mark Tappan**  
**Spare Time Clubs**

Expresso would like to thank everyone who participated in the “Change Your Pace” contest during IHRSA 2008. Watch for more exciting contests and events throughout the year!

**About Expresso Fitness<sup>®</sup>:**

Sunnyvale, California-based Expresso Fitness was founded in 2003 with the mission of satisfying an exerciser’s need for an engaging and effective cardiovascular fitness experience. The company leverages the benefits of superior interactive technology at an affordable cost to provide the health, sports and fitness industry with fully integrated, commercial-grade virtual reality-enhanced cardio fitness systems that are revolutionizing indoor exercise. Expresso systems are sold to fitness facilities and consumers in North America, Europe and select international locations.

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