



Contact: Stephanie Zygmunt
Director of Communications
(215) 280-5335
39 Barclay Ct. Blue Bell, PA 19422
SZ498@drexel.edu

Backgrounder: Women Warriors - Fitness Center for Women

Overview

Women Warriors is a boutique fitness center that provides women of all fitness levels strength and conditioning classes in the Pennsylvania area. Women Warriors was designed specifically with women in mind. With a variety of class times available, and free childcare at specific class times, women of the warrior community have grown stronger mentally, emotionally, and physically.

History of Women Warriors

Women Warriors was created by Stephanie Zygmunt and Julia May in 2020. After years of dealing with gym-intimidation themselves, Stephanie and Julia saw a need for a safe space for women to engage in physical fitness. With the help of a strong team, the co-founders were able to open up their first location in Blue Bell, Pennsylvania in the beginning of 2021.

After a year in business, the warrior community has grown exponentially, with three more locations around the state of Pennsylvania. Throughout this growth, the company remained loyal to their vision of providing a safe, supportive physical fitness center for women.

Women Warriors Services

Focusing on both strength and conditioning training, Women Warriors' trainer led 50-minute classes provide a balanced fitness routine. Each class targets different muscle groups throughout the week, providing maximum results.

During each class, the trainer will demonstrate the exercises and stick with you providing form corrections and 1-on-1 training in a group setting. They'll modify each exercise to fit your needs or give you the extra push to lift heavier or increase intensity.

Women Warriors Differentiator

In Women Warriors' gyms, you'll find a variety of equipment, all chosen intentionally to provide full-body strength and conditioning classes. You'll notice the key difference from a normal gym as soon as you walk through the doors - no machines. All the equipment in our gyms can be used to duplicate those machines without the learning curve of setup and proper use.



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WOMEN WARRIORS COMPANY DETAILS

who we are

Women Warriors was designed specifically with women in mind in order to successfully eliminate any negative emotions or situations stemming from engaging in physical exercise. By providing multiple 50-minute class times a day, and free childcare, women of the community can engage in physical fitness guilt- and stress-free.

our mission

Our mission is to build a community of mentally, emotionally, and physically strong women.

our milestones

- Founded: June 2020
- First location: January 2021
- Second location: July 2022
- Third location: December 2022



CEO

Stephanie Zygmunt



COO

Julia May

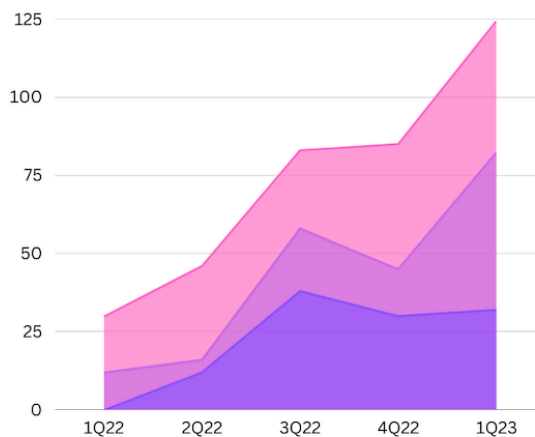
30 EMPLOYEES

STRIVING TO BRING THE BEST FITNESS ROUTINE
TO THE COMMUNITY

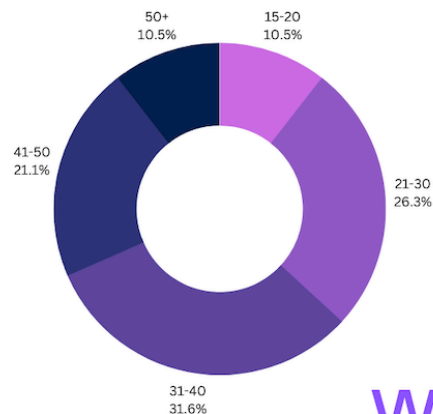
500 WARRIORS

MAKE UP THIS COMMUNITY OF STRONG WOMEN

revenue



age demographics





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FOR IMMEDIATE RELEASE

WOMEN WARRIORS EXPANDS TO ONLINE SERVICE FEATURING AT-HOME WORKOUTS

BLUE BELL, PA, March 16, 2023 - Industry breaking franchise, Women Warriors, whose mission is to build a community of mentally, emotionally, and physically strong women, is pleased to announce its expansion into an online presence. Currently the warrior community only offers in location workouts, however, starting April 1st, they will be adding 7 am live stream workouts to their YouTube channel.

The goal of Women Warriors live presence is to add even more flexibility to their community's busy schedules. In addition to these live stream workouts, they will be archived on the site so the community can access them at a time of their convenience. Since the brand's main clientele is busy mothers, the online workouts bring additional times for those to get their workout in.

"We were designed with women in mind, and that includes mothers. Mothers deserve a good workout just like everyone else, but sometimes it isn't possible to take time out of the day to come to a location to get that workout. We're excited to expand this platform to give our

cliente the convenience that they need while still delivering the Women Warriors product at an exceptional level,” says Stephanie Zygmunt, CEO and Co-Founder of Women Warriors.

more

“I’m a working mother who sometimes wakes up to her baby just needing her mother. Times like that make it hard for me to leave without feeling that overwhelming mom-guilt. Online workouts give me, and those like me, the ability to stay home with their children and still do what I need for my mental health,” says Julia May, COO and Co-Founder of Women Warriors.

Women Warriors was designed specifically with women in mind in order to successfully eliminate any negative emotions or situations stemming from engaging in physical exercise. By providing multiple 50-minute class times a day, and free children, women of the community can engage in physical fitness guilt- and stress-free. For more information on Women Warriors, visit womenwarriors.com. To learn more about the live workouts, subscribe to the YouTube channel at [YouTube.com/@WomenWarriors/live](https://www.youtube.com/@WomenWarriors/live).

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