

Concert Golf Partners Joins Forces with F45 Training (NYSE: FXLV) to Expand Fitness & Wellness Amenities within its Boutique Collection of Private Clubs

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ORLANDO, FL (December 29, 2021) – Concert Golf Partners (www.concertgolfpartners.com), the leading boutique owner-operator of upscale private golf and country clubs, announced that it has partnered with F45 Training (www.f45training.com), the fastest-growing fitness franchisor in the world according to Entrepreneur, to bring enhanced programming and amenities to select Concert Golf properties. The iconic F45 fitness offering will soon be launched at Indian Spring Country Club in Boynton Beach, Florida.

“Our club members have been clamoring for more fitness and wellness amenities around the country, and we’ve been researching options to meet this growing demand,” said Susan Dunnivant, Co-Founder and Chief Operating Officer of Concert Golf Partners. “We really like the way that F45 integrates technology into their fitness classes, nutrition and wellness offerings. We have watched F45 users at several studios literally transform their lives, so we couldn’t be happier to bring this opportunity to Concert Golf members.”

The partnership between F45 and Concert Golf will deliver three unique offerings to members:

1. **AVALON HOUSE** is a fitness sanctuary for women who are ready to prioritize themselves and their health and wellbeing, with workouts specifically designed for the female body. Women are calling out for innovative and exciting physical and mental challenges, to keep their bodies and minds engaged.



2. **MALIBU CREW** is a group-based functional training program aimed at males 50 years+. This program is designed to improve functional capacity, health outcomes, psychological well-being, and quality of life. With an additional emphasis on balance and proprioceptive exercises, this program helps to challenge the nervous system and improve motor coordination.



3. **F45 TRAINING** is a global fitness community specializing in innovative, high-intensity group workouts that are fast, fun, and results-driven. The "F" stands for functional training, a mix of circuit and HIIT style workouts geared towards everyday movement. "45" represents the total amount of time for sweat-dripping, heart-pumping fun.



"We've encouraged our managers to thoughtfully re-invest in their facilities to deliver an unparalleled member experience...and our partnership with F45 enables us to provide a premier fitness experience that will be an important competitive advantage for our clubs and will increase the club's relevance in the lives of our members."

– Susan Dunnavant, COO

"As we sought to bring the F45 experience into the golf and private club industry, we knew we needed to identify an innovative partner who shared our vision of helping people achieve their health and well-being goals by delivering the ultimate fitness experience to members - and that's what we found in the team at Concert Golf," said Adam J. Gilchrist, President, CEO and Chairman of F45 Training. "We've been fortunate to have the support of various influential leaders, including Mark Wahlberg and Greg Norman, join us in our growth journey, and we're equally excited to announce this new relationship with Concert Golf."

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F45 offers consumers functional 45-minute workouts that are effective, fun and community-driven. F45 utilizes proprietary technologies: a fitness programming algorithm and a patented technology-enabled delivery platform that leverages a rich content database of over 3,900 unique functional training movements to offer new workouts each day and provide a standardized experience across the Company's global footprint. For more information, please visit www.f45training.com.

Concert Golf Partners is a boutique owner-operator of 23 top private golf and country clubs, formed by CEO Peter Nanula, the CEO of Arnold Palmer Golf Management in the 1990s, and COO Susan Dunnavant. Concert has amassed \$250 million of patient, long-term equity capital to invest in and upgrade large-scale private clubs located in major metro areas. Concert is also unique for its track record of preserving the identity and traditions of longtime member-owned clubs. For more information, please visit www.concertgolfpartners.com.