



24 Hour Fitness Brings Reformer24 to Lakewood with Newly Remodeled Club

New Pilates based training experience expands how members build strength and move at the upgraded Lakewood location

Lakewood, CA (March 27, 2026) – [24 Hour Fitness](#) is reopening its Lakewood club following a major remodel that introduces a new training experience for members and further strengthens the club’s role as a fitness destination for the Lakewood community.

A community celebration is planned at the location (4821 Del Amo Blvd, Lakewood) on April 18th from 9am - 1pm. The event will include guest access for all to try out the new amenities, guided tours and exclusive membership offers.

The reimagined club features an updated floorplan designed to improve the overall flow of the gym floor while creating more space for strength training, cardio and functional fitness. Members will also have access to the new Recovery24 space that offers members options to support muscle relief and recovery like human touch massage chairs, Normatec boots and massage gun therapy.

A key highlight of the remodel is the introduction of Reformer24, a new offering that brings reformer based Pilates training into the club environment. Designed to support strength, stability and mobility, Reformer24 gives members the flexibility to train through a digital guided experience or participate in instructor-led classes, creating multiple ways to engage with the format based on preference and experience level.

“Members are looking for more variety in how they train and recover,” said Vanessa Kela, District Manager at 24 Hour Fitness. “With the addition of Reformer24 and a redesigned gym floor, the Lakewood club delivers new ways for people to move, build strength and stay consistent in their routines.”

The upgraded Lakewood Super Sport is part of a broader series of remodeled clubs across the region as 24 Hour Fitness continues to invest in more modern and functional fitness environments for its members. Together these updates are helping

create a more elevated and consistent experience across locations while better serving the evolving needs of the communities they support.

The Lakewood Super Sport club will reopen on March 27 and welcome members back to experience the remodeled space and new Reformer24 offering.

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About 24 Hour Fitness

For more than 40 years, 24 Hour Fitness has been dedicated to creating a healthier, happier world through fitness. 24 Hour Fitness offers welcoming and inclusive environments with thousands of square feet of premium strength and cardio equipment, turf zones, free weights, functional training areas, and more. Members can choose from a variety of options such as studio and cycle classes, personal training, and innovative digital and virtual offerings to help them keep their minds and bodies fit. For more information about 24 Hour Fitness and its programs, visit www.24hourfitness.com.

Media Contacts

Holly Hansen

holly@truecomms.com

801.503.5573

Andrew Meehan

andrew@truecomms.com

435.659.7348