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Gainesville Health & Fitness Celebrates 40 Years

Gainesville, Fla., January 1, 2018 – Gainesville Health & Fitness is pleased to announce its 40th anniversary celebration, which officially launches January 1, 2018, at all GHF locations. Throughout 2018, GHF will promote its ongoing commitment to helping people become healthy and building a company culture that inspires people to become better.

GHF owes its humble beginning to CEO and founder Joe Cirulli, who had a goal in 1974 to one day own a health club in Gainesville and make it respected in the community. In 1978 Cirulli opened a 2,500 “sq” ft. club with three employees. 40 years, three local clubs, 118,000 “sq” ft. and over 450 employees later, GHF is one of the most recognized health clubs in the world.

“This is one of the most remarkable clubs that I have ever seen,” said Mike Arteaga, owner of Mike Arteaga’s Health & Fitness Centers in New York. “Gainesville is fortunate to have Joe in the community. You’ll never be able to count the number of lives GHF has saved, but there must be thousands and thousands of people on earth today because of GHF and Joe is the reason for it.”

Over the 40 years, Cirulli’s clubs rank globally in the top percentile for sales, management, and community service. With his staff, he has accomplished many goals including making and keeping Gainesville, Florida “The Healthiest Community in America” and becoming one of Forbes Magazine, “25 Best Small Companies in America”. Cirulli is invited to speak around the world sharing best business practices that have come from a lifetime of building his dream.

According to Cirulli, the development of GHF’s leaders has been vital to its success. “Part of our culture is developing leaders, through training programs and constant coaching. It’s important all leaders lead the way.”

As an example, former GHF employee who is now co-founder of the local child care company, O2BKids, Andy Sherrard, owes his success to GHF. “O2BKids would not exist if GHF did not exist. We learned how to run a business, the importance of customer service, keeping it clean, how to create a culture and hire great people. GHF has made a profound impact on me and growing a great business in Gainesville.”

At GHF, culture and a standard of excellence are everything. Hiring great, passionate people is what makes GHF successful and that starts with leadership and guidance, which are the foundations of the company.

“Our core purpose is to create an experience that helps people get the most out of life and inspires them to become their best”, said Cirulli. “As an organization we must set the example by being our best, which is why we seek out industry-leading programs as well as best practices of other successful businesses. We continually expand and renovate our facilities and services to stay on the cutting edge.”

Over the 40 years, GHF has seen many physical changes and has revolutionized the fitness world. With its state-of-the-art facilities, GHF is always on the forefront of the latest and the greatest in facility design, function, and technology. In 2017, the main center finished a five-year, multi-million-dollar renovation. In 2018, the pool and spa area will receive a transformation and a new relaxation room will be added to create a one-of-a-kind recovery program.

“Our community is who we are, says Karen Coley-Cannon, a GHF employee since 1977. “People ask me why I’m still here, because GHF is family. They were at my wedding, my child’s birth, my dad’s funeral. GHF is part of who I am.”

Many members share the same experience that GHF is not just about health and fitness, but about having a higher quality of life.

GHF members like Phil Denton have been working out since the first day GHF opened its doors in 1978 in Creekside Mall. Denton shared, “GHF has been the most significant part of my life. In fact, it has been my life. I joined when I was 24 years old. I met my wife here and my daughter has been a member for 18 years. Now I’m 67 years old and I’m still here.”

After watching the Greater Gainesville area grow for decades, Cirulli is excited about the direction the community is taking with all of the new developments, and he is excited about continuing to grow with it.

“There was nowhere else I wanted to have a business,” said Cirulli. “I knew that when I was 21. One of the greatest things about moving down from upstate New York is the fact that over the years my whole family moved from upstate New York to Gainesville. And I’m talking about my mother, father, four sisters, two brothers, and then all the extended family. Gainesville felt like home to all of us.”

To celebrate GHF’s 40th anniversary and to thank the community, members and staff, GHF will commemorate this milestone with a gala on Friday, April 27, 2018. They will also be introducing 40th anniversary apparel and other exciting events and activities throughout the year.

To learn more about GHF’s story and for updated event information, visit ghfc.com/40.

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About Gainesville Health & Fitness

Founded by Joe Cirulli in 1978, Gainesville Health & Fitness has become one of the most respected fitness providers in the industry, serving more than 27,000 members. The company employs more than 400 people in three facilities: the 78,000 square foot Main Center at 4820 Newberry Road; the 25,000 square foot Tioga Center in Newberry, Fla; and, the 14,000 square foot GHFWomen Center in Thornebrook Village.

2018 marks 40 years since Gainesville Health & Fitness opened its doors, forever changing the fitness industry in Gainesville and throughout the world. Cirulli and his company have earned numerous awards and accolades, most notably being named one of the “25 Best Small Companies in America” by Forbes Magazine and Chamber Large Business of the Year in 2016.