



# Youfit® General Manager Returns to TV on WWE® Smackdown® Live on Tuesday, August 30th!

*Florida Fitness Manager is Thrasher - Part of Superstar Tag-Team Duo – The Headbangers*

DEERFIELD BEACH, FL, UNITED STATES OF AMERICA, August 30, 2016 /EINPresswire.com/ -- Staying fit and healthy opens up a world of opportunities... including a return to prime time television if you're Glenn Ruth, a General Manager at the Youfit® Health Club in Lantana, FL. Once part of the fan-favorite Headbangers tag-team, Ruth – a.k.a. Thrasher – is ready to crush the competition at [WWE®](#)'s Smackdown® Live event tonight in Dallas, TX. The event will be televised live on the "USA Network" at 8 p.m. EST.

"Being able to stay physically fit for something as demanding as Smackdown is a real accomplishment," said Thrasher. "The Headbangers are back! Smackdown® Live– here we come!"

The return to the ring is the first for the wild, extreme duo since 2000. Known for their high-flying antics and huge body slams, the Headbangers were WWE® tag-team champions during their prime, and were among the most-heavily-cheered wrestlers in live matches. When a knee injury sidelined Thrasher, the team took a break from organized events and wrestling showdowns. Tonight's Smackdown® Live appearance will be a chance to reclaim their status as icons in the world of wrestling entertainment.

"I've always believed in staying strong – both mentally and physically," said Thrasher. "Living life at 110 percent energy, strength, and adventure is important to me. Being part of the Youfit organization has allowed me to maintain my athletic condition while also sharing my fitness knowledge and experience with others."

Thrasher hopes tonight's match will inspire a new generation of Headbangers fans with a positive message about fitness. "A return to the ring after 16 years is proof that getting in shape or staying in shape is a reward for being able to do what you love. We're looking to make all our fans proud tonight."

About Youfit® Health Clubs

Youfit Health Clubs, founded in 2008, is a chain of budget-friendly fitness centers with over 115 locations across, predominantly in the South and Western US. Youfit was founded by Rick Berks with the aim of creating gyms with a welcoming environment where everyone fits-in at a low price starting at \$10 per month. Youfit places a great emphasis on environmental responsibility. Its gym floors are made from Nike Grind and other recycled rubber materials, and each Youfit location practices additional eco-friendly initiatives. For more information, visit [www.youfit.com](http://www.youfit.com).

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