



Ty Manegold of Chenequa co-founded ROAM Fitness in 2015 to help airport travelers get a workout while en route. ROAM FITNESS

## Stay fit, wherever you roam

**LAINIEY SEYLER**  
NOW NEWS GROUP

Ty Manegold of Chenequa came up with the concept for ROAM Fitness while he was in graduate school at the University of Oregon. He was traveling quite a bit and didn't want to give up his workout routines just because he was on the road.

"I just felt like a prisoner when I was in an airport," said Manegold. "I had to sacrifice my health and lifestyle. I was running a lot at the time, so it was something that I needed."

ROAM Fitness is a gym located behind security at airports. Guests can purchase day passes or monthly or yearly memberships. Manegold founded the company in 2015 with Cynthia Sandall. Its first location opened in January 2017 at Baltimore-Washington International Airport.



ROAM Fitness offers airport travelers a place to work out. ROAM FITNESS



“(Airport gyms) have been tried in the past. We don’t claim to be the first,” said Manegold. “A lot of the gyms are in presecurity. We are post security. The other big difference is that we are able to provide the ancillary services. You can reserve a shower on your phone. We have a clothing rental system.”

ROAM partners with lululemon athletica and Brooks Running Shoes to provide workout gear to users; clothing rental is included with a day pass or membership. Visitors can also purchase healthy snacks, and they can use private showers. The gym has cardio equipment, weights and stretching areas. It also offers planned workouts on laminated cards and would like to introduce personal training.

Currently, ROAM has about 1,100 members and many more one-day visitors. Manegold hopes to open two more locations soon.

“When we started our adventure, the big airports said, ‘We get it, we like it, but try it elsewhere first.’ So we went to Baltimore,” said Manegold. “(Baltimore) has been great to work with. It’s a healthy airport. They have a walking trail, and you can rent bikes, so we fit in well with the airport.”

Manegold and Sandall have been talking with officials at the biggest airports across the country and internationally, including O’Hare International Airport in Chicago, Los Angeles International Airport and even Mitchell International Airport in Milwaukee.

“We have been chatting with Mitchell,” said Manegold. “They have some big redesign projects. The airport wants to move security out so there’s one security checkpoint and we’ve chatted with them about putting a spot in there as well.”

But so far, plans for expansion are still in the works with no dates set. Manegold is currently raising funds to open more locations.

“The goal is to create a network of clubs so the next time you travel you can find a healthy alternative at your next airport,” said Manegold.

*chick-a-dee-dee!* *peep-chick-o-ree!*  
*cheer-cheer-cheer!*

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