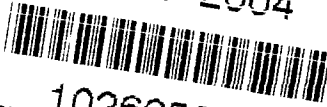


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Form PTO-1594 (Rev. 10/02) OMB No. 0651-0027 (exp. 6/30/2005)

RECORDATION FC 102665871 TRADEMARKS ONLY

DEPARTMENT OF COMMERCE Patent and Trademark Office

Tab settings

To the Honorable Commissioner of Patents and Trademarks: Please record the attached original documents or copy thereof.

1. Name of conveying party(ies):
24 Hour Fitness USA, Inc.

Individual(s) Association
 General Partnership Limited Partnership
 Corporation-State
 Other

Additional name(s) of conveying party(ies) attached? Yes No

2. Name and address of receiving party(ies)

Name: JPMorgan Chase Bank
Internal
Address: _____
Street Address: 270 Park Ave.
City: New York State: NY Zip: 10017

Individual(s) citizenship _____
 Association _____
 General Partnership _____
 Limited Partnership _____
 Corporation-State New York
 Other _____

If assignee is not domiciled in the United States, a domestic representative designation is attached: Yes No
(Designations must be a separate document from assignment)
Additional name(s) & address(es) attached? Yes No

3. Nature of conveyance:

Assignment Merger
 Security Agreement Change of Name
 Other

Execution Date: January 20, 2004

4. Application number(s) or registration number(s):

A. Trademark Application No. (s)
SEE SCHEDULES 1-B ATTACHED HERETO

B. Trademark Registration No. (s)
SEE SCHEDULES 1-A ATTACHED HERETO

Additional number(s) attached Yes No

5. Name and address of party to whom correspondence concerning document should be mailed:

Name: Penelope Agodoa
Internal Address: Federal Research Corporation

Street Address: 1030 15th Street, NW

Suite 920
City Washington State: DC Zip: 20005

6. Total number of applications and registrations involved: 49

7. Total fee (37 CFR 3.41)..... \$ 1240⁰⁰

Enclosed
 Authorized to be charged to deposit account

8. Deposit account number: _____

(Attach duplicate copy of this page if paying by deposit account)

DO NOT USE THIS SPACE

9. Statement and signature.
To the best of my knowledge and belief, the foregoing information is true and correct and any attached copy is a true copy of the original document.

Danielle Schieber
Name of Person Signing

Danielle Schieber
Signature

1/20/04
Date

Total number of pages including cover sheet, attachments, and document:

02/11/2004 LMUELLER 00000046 2375100

Mail documents to be recorded with required cover sheet information to: Commissioner of Patent & Trademarks, Box Assignments Washington, D.C. 20231

01 FC:8521 40.00 OP
02 FC:8522 1200.00 OP

TRADEMARK REEL: 002916 FRAME: 0109

SCHEDULE 1-A TO GRANT OF SECURITY INTEREST

TRADEMARKS

24 Hour Fitness USA, Inc.:

Mark	Registration No.
24 Hour Equipment & Design (trademark)	2,375,100
24 Hour Fitness & Design (Corporate Logo) (Trademark, Service Mark)	2,395,501
24 Hour Fitness Active	2,684,457
24 Hour Fitness and Design (color) (Service Mark)	2,477,323
24 Hour Fitness Mark	2,130,895
24 Hour Fitness Sport & Design (Service Mark)	2,511,877
24 Hour Fitness Sport (Service Mark)	2,499,844
24 Hour Fitness Team Sports and Design (new logo)	2,746,286
24 Hour Group X Exercise & Design (Service Mark)	2,452,556

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Mark	Registration No.	
24 Hour Team Sports (Service Mark)	2,445,891	10
24CYCLE	2,766,955	11
24HILO	2,782,034	12
24HourFitness.com (Service Mark)	2,395,153	13
24STEP	2,782,033	14
CARDIOXTRA	2,766,954	15
Change A Life	2,486,093	16
DOUBLE-UP XTRA	2,786,639	17
Family Fitness Centers (Service Mark, words)	1,659,143	18
FIT:PERKS	2,785,019	19
Fuel Station (Service Mark)	2,610,698	20
Group X (Service Mark)	2,350,909	21
GROUP XPEDITION	2,769,358	22
Hart's (Service Mark)	2,471,756	23
Hart's Athletic Clubs (Design)	2,561,394	24
Hart's Athletic Clubs (Service Mark)	2,471,757	25
It's The Way We Make You Feel	2,644,200	26
New Corporate Logo	2,549,894	27
New Corporate Logo	2,633,150	28

Mark	Registration No.
Q 4 Kids	2,307,330
Q The Sports Club	2,281,000
Q The Sports Club	2,315,591
re: fresh a day spa (stylized) (service mark)	2,474,429
Sporting Club by 24 Hour Fitness & Design (Service Mark)	2,401,933
Sporting Club by 24 Hour Fitness (Service Mark)	2,453,165
STEPXTRA	2,764,465
TEAMSPORTS	2,734,724
Twenty Four 24 Hour 5 Components to Fitness & Design (Service Mark)	2,438,137
U 24 Hour Twenty Four Hour Fitness University & Design (Service Mark)	2,525,659

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SCHEDULE 1-B TO GRANT OF SECURITY INTEREST

TRADEMARK APPLICATIONS

24 Hour Fitness USA, Inc.:

Mark	Application No.
24 Hour & Design (Ball Logo)	75,161,148
24 Hour Fitness Express	78,304,368
24 Hour Fitness Quik Stop	78,304,360
24 Hour Fitness Ultra Sport	76,200,767 (204-252-US)
24SPLASH	78,193,632
ABXPRESS	78,193,601
Fuel Up	78,255,449
LEGXPRESS	78,193,621
Quik Stop	78,304,362
STEPXPRESS	78,193,623
XPRESS ZONE	78,319,276

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GRANT OF SECURITY INTEREST

TRADEMARKS

THIS GRANT OF SECURITY INTEREST, dated as of January [20], 2004, is executed by the parties listed on Annex A hereto (each a "Debtor" and collectively, the "Debtors"), in favor of JPMORGAN CHASE BANK, in its capacity as Collateral Agent (the "Secured Party").

A. Reference is made to the US Guarantee and Collateral Agreement, dated as of December 1, 2003 (the "Collateral Agreement"), by and between 24 Hour Fitness Worldwide, Inc., each Domestic Subsidiary Credit Party identified therein and the Secured Party. Capitalized terms used herein and not otherwise defined shall have the meanings ascribed thereto in the Collateral Agreement.

B. Each Debtor has adopted, used and is using the trademarks, more particularly described on Schedules 1-A and 1-B annexed hereto as part hereof, which trademarks are registered in such Debtor's name or subject to an application for registration in the United States Patent and Trademark Office (collectively, the "Trademarks").

C. This Grant of Security Interest is intended to amend and restate the prior Grant of Security Interest dated as of November 26, 2003 between the Debtors and Secured Party.

D. Schedules 1-A and 1-B hereof constitute a complete list, as of the date hereof, of registrations or applications for registrations of Trademarks in or to which each Debtor has any right, title, interest, claim or demand. After the date of the Collateral Agreement, the terms and provisions of which are hereby incorporated herein as if fully set forth herein, Debtors shall provide written notice to the Secured Party, in accordance with the provisions of the Collateral Agreement, of any addition or change that is necessary to be made to Schedules 1-A and 1-B in order to maintain such schedule's completeness or accuracy, and, further, Debtors shall provide such notice to the Secured Party promptly following the date of any event that is the basis for such addition or change.

E. Each Debtor hereby grants to the Secured Party a security interest in all right, title and interest of such Debtor in and to the Trademarks, together with the goodwill of the business symbolized by the Trademarks and the customer lists and records related to the Trademarks and the applications and registrations thereof, and all proceeds thereof, including any and all causes of action which may exist by reason of infringement thereof (the "Collateral"), to secure the payment, performance and observance of the Obligations, as defined in the Collateral Agreement.

NOW, THEREFORE, for good and valuable consideration, receipt of which is hereby acknowledged, each Debtor does hereby further grant to the Secured Party a security interest in the Collateral to secure the prompt payment, performance and observance of the Obligations.

Each Debtor does hereby further acknowledge and affirm that the rights and remedies of the Secured Party with respect to the security interest in the Collateral granted hereby are more fully set forth in the Collateral Agreement.

The Secured Party's address is:

JPMorgan Chase Bank
270 Park Avenue
New York, NY 10017

[REMAINDER OF PAGE INTENTIONALLY LEFT BLANK]

IN WITNESS WHEREOF, Debtor has caused this instrument to be executed as of the day and year first above written.

24 HOUR FITNESS INTERNATIONAL,
INC.,

By: Anthony J. Bacos

Name: Anthony J. Bacos

Title: Secretary

24 HOUR FITNESS UNITED STATES,
INC.,

By: Anthony J. Bacos II

Name: Anthony J. Bacos II

Title: Secretary

24 HOUR FITNESS USA, INC.,

By: Anthony J. Bacos II

Name: Anthony J. Bacos II

Title: Secretary

24 HOUR FITNESS WORLDWIDE, INC.,

By: Anthony J. Bacos II

Name: Anthony J. Bacos II

Title: Secretary

APEX FITNESS, INC.,

By: Anthony J. Bakou

Name: Anthony J. Bakou

Title: Secretary

Q CLUBS INC,

By: Anthony J. Bakou

Name: Anthony J. Bakou

Title: Secretary

SPORTS & FITNESS CLUBS OF
AMERICA, INC.,

By: Anthony J. Bakou

Name: Anthony J. Bakou

Title: Secretary

ANNEX A

24 HOUR FITNESS INTERNATIONAL, INC.
24 HOUR FITNESS UNITED STATES, INC.
24 HOUR FITNESS USA, INC.
24 HOUR FITNESS WORLDWIDE, INC.
APEX FITNESS, INC.
Q CLUBS INC.
SPORTS & FITNESS CLUBS OF AMERICA, INC.

SCHEDULE 1-A TO GRANT OF SECURITY INTEREST

TRADEMARKS

24 Hour Fitness USA, Inc.:

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24 Hour Fitness and Design (color) (Service Mark)	2,477,323
24 Hour Fitness Mark	2,130,895
24 Hour Fitness Sport & Design (Service Mark)	2,511,877
24 Hour Fitness Sport (Service Mark)	2,499,844
24 Hour Fitness Team Sports and Design (new logo)	2,746,286
24 Hour Group X Exercise & Design (Service Mark)	2,452,556
24 Hour Team Sports (Service Mark)	2,445,891
24CYCLE	2,766,955
24HILO	2,782,034
24HourFitness.com (Service Mark)	2,395,153

[[NYCORP:2343944v2:4443A:01/14/04--09:59 a]]

Mark	Registration No.
24STEP	2,782,033
CARDIOXTRA	2,766,954
Change A Life	2,486,093
DOUBLE-UP XTRA	2,786,639
Family Fitness Centers (Service Mark, words)	1,659,143
FIT:PERKS	2,785,019
Fuel Station (Service Mark)	2,610,698
Group X (Service Mark)	2,350,909
GROUP XPEDITION	2,769,358
Hart's (Service Mark)	2,471,756
Hart's Athletic Clubs (Design)	2,561,394
Hart's Athletic Clubs (Service Mark)	2,471,757
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New Corporate Logo	2,549,894
New Corporate Logo	2,633,150
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Q The Sports Club	2,281,000
Q The Sports Club	2,315,591
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Sporting Club by 24 Hour Fitness & Design (Service Mark)	2,401,933

Mark	Registration No.
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STEPXTRA	2,764,465
TEAMSPORTS	2,734,724
Twenty Four 24 Hour 5 Components to Fitness & Design (Service Mark)	2,438,137
U 24 Hour Twenty Four Hour Fitness University & Design (Service Mark)	2,525,659

Apex Fitness, Inc.:

Mark	Registration No.
Accidental Exerciser	2,765,270
Accidental Exerciser	2,762,569
Accidental Exerciser	2,762,568
Accidental Exerciser	2,762,567
Apex Fitness and Nutrition Analysis Systems (& Design)	1,932,876
Apex Fitness Group and Design	2,702,445
Apex Fitness Group and Design	2,702,444
Apex Fitness Group and Design	2,703,428
Apex Training System (& Design)	2,701,627
Ergogen Labs	2,475,729

Mark	Registration No.
Ergogen Labs (& Design)	2,484,996
Ergogen Labs (& Design)	2,715,551
TDR	2,521,827

SCHEDULE 1-B TO GRANT OF SECURITY INTEREST

TRADEMARK APPLICATIONS

24 Hour Fitness USA, Inc.:

Mark	Application No.
24 Hour & Design (Ball Logo)	75,161,148
24 Hour Fitness Express	78,304,368
24 Hour Fitness Quik Stop	78,304,360
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ABXPRESS	78,193,601
Fuel Up	78,255,449
LEGXPRESS	78,193,621
Quik Stop	78,304,362
STEPXPRESS	78,193,623
XPRESS ZONE	78,319,276

Apex Fitness, Inc.:

Mark	Application No.
Apex Fit	78,255,331
Apex Fitness Group Virtual Gym	76,091,504
Apex Fitness Group Virtual Gym (& Design)	76,901,509

Mark	Application No.
Apex Fix	78,255,339
Apex Fix	78,255,360
Apex Lean	78,255,358
Apex Max	78,255,352
BCAA Recovery	76,383,823
Ergogen Labs (& Design)	76,422,069
New Apex Logo	78,346,264
T2	76,242,939
T2 Lean	76,255,462
TDR	76,066,969