Issue 15 | April 13, 2018

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### EXPRESS WEEKLY REPORT

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### The Specific Costs Involved in Doing Business

In the previous article, we discussed in general terms the cost of starting your own business compared with that of buying a franchise. This week we dig deeper into the specifics.

**READ MORE** 



### **Own a American Family Care**

The demand for health care services increases every year. People want and need access to health care on their terms - which usually means immediately!

**LEARN MORE** 

FEATURED



3 Common Mistakes First-Time Franchisees Make and How to Avoid Them

First, congratulations on joining a franchise! You've avoided many startup headaches, and now development work, brand building, systems development, and business model refining are all off your plate.



### **Big Whiskey's Toasts Growth**

Big Whiskey's American Restaurant & Bar is making a big impression in casual dining, poised to hit the road to nationally expand the legend of the beloved brand.

SPONSORED

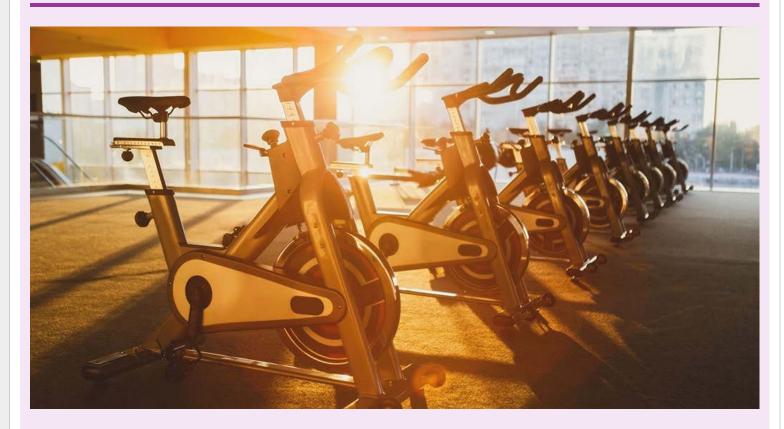


### Founding Son: From a First Job to a Top Franchisee

For Evan Latham the franchise business is a family affair. That's because the 29-year-old Orangetheory Fitness franchisee is the son of the brand's co-founder, Ellen Latham.



### Fitness Franchise Showcase



# 10 Ways Investing in a Fitness Franchise Strengthens Entrepreneurs' Chances of Success

There are many reasons why you may be thinking of opening your own fitness business. Maybe you want to be your own boss because you're tired of working for someone else or need more flexibility.

#### Featured Fitness Franchises



At Blink Fitness, exercise isn't just about looking good, it's also about how it makes you feel.



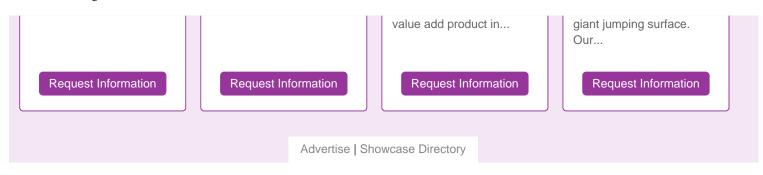
Join one of the largest personal training brands focused on results and accountability!



Retro Fitness is well positioned for today's economy and to dominate the low cost segment by offering a high quality and



Launch Trampoline Park is an indoor sports and entertainment facility featuring interconnected trampolines that form a



# **Top 10 Franchise News Stories of the Week**

# Thriving Multi-Unit Franchisee Takes Over Five sweetFrog Frozen Yogurt Locations

sweetFrog Frozen Yogurt recently transferred ownership at five excellent locations - one in North Myrtle Beach, South Carolina and four more in...

- » The Joint Chiropractic Strengthens Leadership with New Hire
- » Blink Fitness Accelerates Expansion in Upstate New York
- » Christian Brothers Automotive Shifts Leadership Team to Drive Franchise Growth
- >> Franchising Offers Local Millennial Alternate Career Path
- » Monster Tree Service Announces Rapid Q1 2018 Franchise System Growth
- » Capriotti's Sandwich Shop Continues Expansion in Southern California
- » Spring Has Sprung! Soulman's Bar-B-Que Outlook Looks Bright
- » Interim HealthCare Inc. Named a Top Franchise Under \$150K by Entrepreneur Magazine
- » Outback Steakhouse To Unveil Next-Generation Restaurant In Santa Fe

# **Find A Franchise Opportunity**

### **Popular Industries**













**Small Business** 

Food

Retail

Entertainment

Medical

Automotive







Childrens



Construction



Health and Wellness



Education



Home Services

### **Newly Added & Updated**







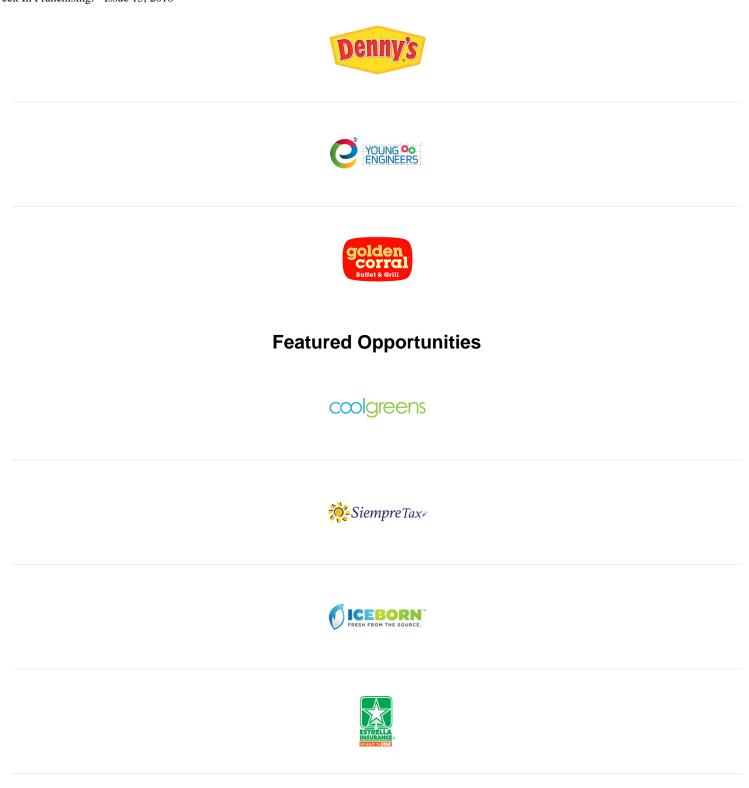




### **Top Franchises**









# **Top 10 Daily Franchise News Stories**

# FRIDAY | April 13th, 2018



### Shakeaway Citymall, Lebanon is now open!

Shakeaway's global expansion continues again with a new store location in Citymall, El Bauchrieh,...

#### **Opportunities Available**

- Sonic Declares Quarterly Dividend
- >> The Future of Dry Cleaning comes to Nashville...again.
- » Monster Tree Service Awards Two Territories in Cherry Hill, New Jersey
- >> Yogurtland Honors Top Franchisees at Annual Conference
- » Hwy 55 Burgers, Shakes & Fries to Open Eighth Triangle Area Restaurant in Raleigh on April 16
- » PrideStaff Earns Top 20 Spot on Forbes' 2018 List of Best Professional Recruiting Firms
- » Russ and Wendy Fortier Bring Fresh Coat to Florence, SC
- » Brain Balance Achievement Center of Cooper City Will Celebrate Grand Opening With Ribbon Cutting and Educational Lecture

# THURSDAY | April 12th, 2018

#### Outback Steakhouse To Unveil Next-Generation Restaurant In Santa Fe

Thursday, April 19, is going to be a G'day for mates in Santa Fe because Outback...

- MacKenzie River Pizza Breaks Ground in Fargo, ND
- » Former Secret Service Agent Brings Restoration 1® to Central Alabama
- » MOOYAH Burgers, Fries & Shakes Signs Multi-Unit Development Deals for Southern Virginia and Orlando
- » Gold's Gym Accelerates Brand Growth with New Gym Openings in Q1
- Blue Moon Estate Sales Eases The Liquidation Process With First Location In The Atlanta Area
- » MOD Pizza Strengthens Executive Team With Promotions
- » Minuteman Press Owner Renee Mansour Recognized By Franchise Business Review as 2018 Rockstar Franchisee
- » New Scooter's Coffee Location in Gardner to Celebrate Grand Opening
- » Scooter's Coffee to Host Donation Day for Sporting KC's The Victory Project

### WEDNESDAY | April 11th, 2018

# **Christian Brothers Automotive Shifts Leadership Team to Drive Franchise Growth**

Christian Brothers Automotive Corporation is set to further drive growth as the brand announced a...

- » Monster Tree Service Announces Rapid Q1 2018 Franchise System Growth
- Interim HealthCare Inc. Named a Top Franchise Under \$150K by Entrepreneur Magazine
- » Clothes Mentor Opens First Location in Rochester Hills, Michigan
- » Local Entrepreneur Opens His First Meineke Car Care Center in Richmond, KY
- » The Patch Boys Expands To Denver, CO
- » Keller Williams Gains Momentum in South America, Expands into Argentina
- » RLH Corporation Appoints Kristin Thielking to Lead Human Resources
- » United Franchise Group Grooms Future Business Leaders With Exclusive Internship Program
- » TeamLogic IT Opens in Austin

# TUESDAY | April 10th, 2018



### The Joint Chiropractic Strengthens Leadership with New Hire

The Joint Chiropractic announced today that it has appointed IT industry veteran Manjula Sriram to...

#### **Opportunities Available**

- » Blink Fitness Accelerates Expansion in Upstate New York
- Franchising Offers Local Millennial Alternate Career Path
- » Capriotti's Sandwich Shop Continues Expansion in Southern California
- » Rush Bowls Inks Agreement with 20-year-old to Bring Healthy Eating to Indiana
- » Hyatt Announces Plans For First Dual-branded Hyatt Place And Hyatt House Hotels At Paris Charles De Gaulle Airport
- » Premier Mountaintop Hotel and Conference Center to Join Curio Collection by Hilton in Georgia
- » FASTSIGNS® Franchisees Recognized for Giving Back to Their Communities
- » Denny's Corporation Announces Timing Of First Quarter Results And Conference Call On May 1, 2018
- >> Two Maids & A Mop Marks Anniversary with Top New Franchise Ranking

# MONDAY | April 9th, 2018

# Thriving Multi-Unit Franchisee Takes Over Five sweetFrog Frozen Yogurt Locations

sweetFrog Frozen Yogurt recently transferred ownership at five excellent locations - one in North...

- » Spring Has Sprung! Soulman's Bar-B-Que Outlook Looks Bright
- » I ♥ Mac & Cheese Names Daniel Collins President/CDO

- >> Jersey Mike's Subs Opens First Nanuet Location
- » Jersey Mike's Subs Opens St. Petersburg Location
- Jersey Mike's Subs Opens Second Denton Location
- » Harcourts USA Opens Brand New Office in Irvine, California
- » The Ascend Hotel Collection Welcomes The Arbor Hotel And Conference Center In Texas
- » Hammer & Nails to Dominate Male Grooming Space; Appoints Industry Experts to Lead the Way
- » Franchising Professional Brooks Speirs to Lead CoreLife Eatery's Western Expansion



