

# NEWS RELEASE



Waterford Health & Fitness Club

Health & Fitness Club  
*Enriching your life*

**FOR IMMEDIATE RELEASE**

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**HEALTH & FITNESS CLUB GRAND OPENING**  
**12 HOURS OF FITNESS FUN ON THE 13TH**

FARGO, N.D. — September 13 is a lucky day for people throughout the Fargo-Moorhead area. That's the 12-hour grand opening of the new Waterford Health & Fitness Club, designed specifically to meet the needs of people 40-plus years.

Starting at 7 a.m. and running to 7 p.m. on Thursday, September 13, the club will be buzzing with activity. People will be able to sample several aerobic and water exercise classes, sign up for door prizes, try out the swimming pool and enjoy healthy food. There is no charge for the activities. The club is located at 1200 Harwood Drive; people can call (701) 526-1055 for more information.

WDAY's Hot Talk radio personality Scott Hennen will broadcast at the club from 7 a.m. to noon. At 10 a.m., representatives from the Fargo Moorhead Chamber of Commerce will participate in the official ribbon-cutting ceremony.

Participants should bring workout attire and/or swimming suits. Following is the day's class schedule:

- 8:30 - 8:50.....Pilates
- 9 - 9:20.....Cardio Strength
- 12:15 - 12:35.....Upper/Lower Body Strengthening
- 12:40 - 1.....Yoga
- 1:30 - 1:50.....Chair Aerobics

- more -

2 - 2:20.....Posture/Balance  
5 - 5:20.....Cardio Strength  
5:30 - 5:50.....Defy & Define

Pool exercise sessions will take place in the morning, afternoon and early evening:

10:30 - 11:00 a.m.  
2 - 2:30 p.m.  
6 - 6:30 p.m.

According to Health & Fitness Club Director Mark Minette, the new club is a unique offering in the area. “Every aspect of this club has been planned to support the fitness needs of people 40 years and older,” says Minette. He points out that new research stresses the importance of an ongoing fitness program. “We now know that exercise helps people’s mental acuity as well as physical fitness.”

Minette explains that a comprehensive fitness program will include cardiovascular training, strength building, flexibility, and balance. The Waterford Health & Fitness Club staff are trained to assess individuals’ current fitness levels and develop personalized plans.

The Waterford Health & Fitness Club meets the guidelines for health and fitness clubs established by the International Council on Active Aging. The new club features a variety of fitness options, including a 25- by 50-foot pool, therapeutic spa, Nu-Steps, Precor treadmills, elliptical trainers and Keiser strength-training equipment and aerobic studio. Services include health and wellness screening, fitness assessment and personal training.