



FOR IMMEDIATE RELEASE

Contact: Christina Wilson
Christina_Wilson@tempe.gov
(480) 350 – 5752

“Be Fit. Live Well.” at the Kiwanis Fitness Center
Kiwanis Recreation Center now features a Fitness Center

TEMPE, Ariz. (February 4, 2009) – “Be Fit. Live Well.” is the purpose behind the new Fitness Center at Tempe’s Kiwanis Recreation Center. Being fit offers several benefits such as lowering stress, increasing energy, and contributing to overall wellness. The Fitness Center will complement the existing pool, gymnasium, and the tennis courts to provide more exercise and fitness opportunities to the community.

Kiwanis Fitness Center is offering TWO FREE WEEKS of unlimited use to all new customers! We support all levels of fitness goals by allowing daily use, punch cards, 6 month, or annual packages with no contracts or joining fees. Our certified fitness staff is always ready to assist you, and personal trainers are available upon request.

The Fitness Center contains over 10 pieces of cardiovascular and 6 pieces of strength equipment to aid you in your fitness goals. In addition, there are free weights ranging from 5-50 pounds, exercise mats, stability balls, balance rollers, and circuit steps available.

Hours of operation are as follows:

M-Th	7:00am-8:00pm
Fri	7:00am-5:00pm
Sat	8:00am-2:00pm
Sun	Closed

Kiwanis Recreation Center is located at 6111 S All America Way Tempe, AZ 85283. For more information please call 480-350-5201 or 480-350-5050 TTY. You can visit the web page www.tempe.gov/fitness.

###