

*For immediate release
September 1, 2010*

Fitness Center Available to Public at Community Services Center Beginning September 13

BOWLING GREEN -County Administrator Percy Ashcraft announced today that the Department of Parks & Recreation will make a fitness center available to the public beginning Monday, September 13, 2010.

The facility is located across from the Parks & Rec Office in the Community Services Center at 17202 Richmond Turnpike (adjacent to Bowling Green Primary School) in Milford. It will be open to the public on Mondays, Wednesdays and Fridays from 9 a.m. to 7 p.m. The adjacent gymnasium is also available during this time period for walking and basketball if there are no other scheduled activities.

Users must be at least 19 years old. Persons 16 to 18 years of age may use the facility with a parent or guardian present.

There is no charge for County residents to use the facility.

The center includes a tread mill, leg extension, climbing system, seated leg curl, leg press, lat pull down, back extension, dual axis chest press, abs crunch, row machine and free weights.

All users must sign a waiver form and receive a copy of the fitness center rules from the Department of Parks & Recreation prior to utilizing the facility.

For more information, contact the Parks & Recreation office at (804) 633-7277.

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