

NEWS Release



Waterford

Waterford Health & Fitness Club

FOR IMMEDIATE RELEASE

January 19, 2005
For more information:
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WINTER WARM-UP SET AT HEALTH & FITNESS CLUB

(BISMARCK, N.D.)—It may be freezing outdoors, but adults 40 and older can warm up indoors at the Waterford Health & Fitness Club Open House on January 25, 2005. Between 9 am and 6 pm, the club, located at 1000 West Century Avenue in Bismarck, is inviting folks to enjoy the warm water pool, spa, and aerobic classes free. The class schedule includes:

- Water Yolates at 9 am;
- Aqua Arthritis at 10 am;
- Water Aerobics at 5 pm.

Call for an appointment to receive a 15-minute massage for \$5 between 3 and 6 pm.

Healthy refreshments and door prizes also will be available.

“During January, people often are interested in improving their overall fitness,” says Director Shawna Dschaak. “We’re holding this open house so that people can try some of our classes and offerings and see for themselves what’s available.”

Anyone who signs up for membership during the open house will have the initial membership fee waived.

Call 355-1280 for more information.

The Waterford Health & Fitness Club, situated within the Waterford resort-style retirement community, is open to adults throughout the Bismarck-Mandan community. The swimming pool measures 25 x 50 feet and holds 43,500 gallons of water. Heated to a

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comfortable 86 degrees, the pool ranges from three-and-a-half to six feet in depth and includes two lanes for lap swimming. The spa maintains a warmer temperature (96 degrees) for muscle relaxation and therapy. Exercise equipment includes treadmills, elliptical trainers, a stationery bike, Nusteps, and Keiser strength-training machines. Club hours are 7 am to 7 pm, Monday through Friday and 7 am to noon on Saturday.

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