

NEWS Release

The logo for Waterford, featuring the word "Waterford" in a gold, cursive font inside a dark green oval with a gold border.

Waterford on West Century

FOR IMMEDIATE RELEASE

August 4, 2004

For more information:

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HEALTH & FITNESS CLUB DESIGNED FOR ADULTS OPENS

(BISMARCK, N.D.)—A new fitness club planned specifically to meet the needs of people 40 and older will open Monday, August 9. Located at 1000 West Century Avenue, the Waterford Health & Fitness Club will offer exercise equipment, two pools, aerobics studio, locker rooms with towel service, and personal training support.

During the month of August, when new members purchase three months, they will receive a fourth month free—a savings of \$35. For information, call 701-355-1280.

Equipment includes treadmills, elliptical trainers, a stationery bike, two Nusteps, and eight Keiser strength training machines.

The swimming pool measures 25 x 50 feet and holds 43,500 gallons of water. Heated to a comfortable 84 to 86 degrees, the pool ranges from three-and-a-half to six feet in depth and includes two lanes for lap swimming. Aqua jogger belts, kickboards, and other exercise equipment are available to use in the pool. The therapeutic pool maintains a warmer temperature (92 to 95 degrees) for muscle relaxation and therapy.

“As a member of Waterford’s Health & Fitness Club, adults can participate in a wide range of classes designed to increase strength, muscular flexibility, cardiovascular fitness, and balance,” says Director Shawna Dschaak.

Club hours are 7 am to 7 pm, Monday through Friday and 7 am to noon on Saturday.

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The Waterford Health & Fitness Club, situated within the Waterford active adult community, will be open to adults throughout the Bismarck-Mandan community. The club reflects Waterford's belief that a comprehensive wellness program is essential to people's overall physical and mental health.

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