



# NEWS RELEASE

Waterford School District, 501 N. Cass Lake Road, Waterford, MI 48328

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## Waterford School District to Open New Waterford Fitness Studio

**August 16, 2016, Waterford, Mich.** – The Waterford School District will open its new Waterford Fitness Studio, Covert Center, 1150 Scott Lake Road, Waterford on September 6, 2016. The Waterford Fitness Studio is an extension of the Waterford Pool and Fitness Centers, which are located on Kettering and Mott campuses. Open houses are scheduled on Saturday, August 27, 9-11am; Monday, August 29, 6-8pm; and Wednesday, August 31, 10am-noon.

The Waterford Fitness Studio will offer a variety of land fitness and wellness classes available to the community. Pool and Fitness Center members and non-members alike will have access to these classes at the new studio. Fitness classes such as Pilates, Fitness Fusion, Fit over Fifty, Zumba, Cardio Combo, Bellies and Booties, and much more will be available at our dedicated fitness studio. A variety of wellness classes include Makeover Monday, Wellness Wednesday, Food for Thought Thursday and Senior Brunch and Learn.

Members of the Pool & Fitness Centers have exclusive access to a variety of amenities including **complimentary** land and water group fitness classes, wellness classes, access to a wellness coordinator who will provide support and instruction, and free Kids Swim Club. It also includes a guided tour and a personalized health & wellness assessment (18 & older).

The Waterford Area Chamber of Commerce will hold a ribbon cutting ceremony on Monday, September 12, 11:30am at the Waterford Fitness Center. To learn more call 248.673.9969 or 248.674.6360.

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