

# HAMPTON VA

## NEWS RELEASE

For immediate release

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## One more reason to get fit in Hampton!

**July 29, 2015** – Committed to helping residents live a healthier lifestyle, Hampton’s Parks and Recreation Department has opened a new 405 square-foot fitness room at the Fort Monroe Community Center, 100 Stillwell Road.

The Fort Monroe fitness room includes the latest Matrix equipment, treadmills, seated recumbent bicycle, and elliptical machines. It also has the latest cardio equipment, a dumbbell weight rack, medicine balls, stability balls, and exercise mats.

The new fitness room is one of many amenities available at all five community centers in Hampton - Fort Monroe, West Hampton, Northampton, North Phoebus and Old Hampton.

Community Center membership costs \$20 annually (\$15 for teens) and includes access to all five center locations. Fitness room membership cost an additional \$15 a month and includes access to all fitness facilities. There is no contract required and you can choose the months you want to pay to use the fitness room.

Stop by the Fort Monroe Community Center to sign up and learn more. In addition to the new fitness room we have an indoor pool, a gymnasium with an open recreation schedule for adults and teens, an arcade games room, and multi-purpose rooms with waterfront views available for rent.

Fort Monroe offers programming for all ages and interests, including: summer camp, birthday party rentals, family thematic book bag rentals, karate lessons, yoga classes, line dancing, belly dancing, quilting classes, ceramics, paddle board yoga, bicycle and Street Strider elliptical rentals.

The Fort Monroe Community Center hours are Monday-Friday 8 a.m-8 p.m. and Saturday 8-a.m.-4 p.m. For more information about all of Hampton’s Community Centers and the Parks and Recreation Department, call 757-727-6833 or go to [www.hampton.gov/parks](http://www.hampton.gov/parks)

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