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PRESS RELEASE

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Fifteen Years of Fun and Fitness

CRMC Wellness Center to Celebrate 15th Anniversary with Free Admission on October 7th and 8th

It has been fifteen years since the doors first opened to the public at the CRMC Wellness Center. To celebrate, the Wellness Center will be open to the public during the weekend of October 7 and 8, 2017.

This is a great way to become acquainted with and learn more about the fitness facility. The CRMC Wellness Center will be offering free admission on Saturday from 7:30 a.m. to 4:30 p.m. with open swimming in the afternoon from 12:00 p.m. to 4:00 p.m. It will be open at no cost again on Sunday from 1:00 p.m. to 5:00 p.m. with open swimming until 4:30 p.m.

The CRMC Wellness Center offers many amenities including a full gymnasium, walking track, racquetball, cardio and weight machines, swimming, fitness classes, and more.

“We have something for virtually every age group and fitness level,” said Jodi Schlichting, CRMC Wellness Center Manager. “We are proud of what we have been able to offer the area over the past fifteen years. We have continually updated the equipment within the facility and are always offering new programs. Fitness should be for a lifetime. Everyone at the CRMC Wellness Center is here to help you achieve your health and wellness goals.”

Again, this event is free and open to the public so stop by on Saturday, October 7 or Sunday, October 8. If you have any questions regarding the 15th Anniversary Weekend or membership in general, please feel free to call the CRMC Wellness Center at 712.225.6858 for more information.