



SMALL TOWN, BIG BEACH™

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City of Gulf Shores announces reopening of Studio Fitness and return of the \$10 daily pass

Gulf Shores, Ala. – Studio Fitness at the Gulf Shores Cultural Center has reopened just in time to help kick start your New Year's resolutions. Beginning Monday, January 3, Studio Fit is officially open to the public, and individuals can once again purchase \$10 daily passes for use at both Studio Fit and the David L. Bodenhamer Recreation Center.

Studio Fit is an intimate space featuring a limited selection of functional equipment and classrooms specifically designed to accommodate workout classes such as Barre, TRX Suspension Training, Yoga, and Indoor Cycling. This facility is open Monday through Friday from 6 a.m. to 7 p.m. and is a secondary location of the David L. Bodenhamer Recreation Center. You can view a complete Studio Fit class schedule by visiting www.gulfshoresal.gov/fitness.

"After nearly two years of being closed due to COVID-19 restrictions, we are excited to reopen Studio Fit," said Recreation Manager Nicole Ard. "We have made a few enhancements we know our members will enjoy, including a cardio area and renovated Indoor Cycling classroom."

In order to take advantage of all amenities offered at Studio Fit and the Recreation Center, we encourage individuals to purchase a RecPass recreation membership. Various membership options are available for singles, couples, families, and seniors, as well as discounted rates for City of Gulf Shores residents. For more information about RecPass recreation memberships and rates, visit www.gulfshoresal.gov/recpass.

If you do not have a RecPass recreation membership, you can still visit our fitness centers and partake in fitness classes with the \$10 Daily Pass. This pass gives you access to both Studio Fit and the David L. Bodenhamer Recreation Center for the entire day.

For more information on Studio Fit and the David L. Bodenhamer Recreation Center, visit www.gulfshoresal.gov.

To receive important updates and alerts from the City of Gulf Shores through email or text notifications, sign up for "Notify Me" by visiting the City's website at www.gulfshoresal.gov.

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About the City of Gulf Shores: *The City of Gulf Shores is Alabama's SMALL TOWN, BIG BEACH™ community dedicated to enhancing the quality of life for residents, guests and businesses. Located on Alabama's beautiful coast of the Gulf of Mexico, the City strives to be a desirable place to live, work, retire and visit through cultivating a safe, clean, and family-friendly atmosphere. Learn more about the City of Gulf Shores at www.gulfshoresal.gov.*