



SMALL TOWN, BIG BEACH™

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City of Gulf Shores announces 7th Annual Community Fit Fair and Wellness Open House

Gulf Shores, Ala – January 8, 2019 – The 7th Annual Community Fit Fair and Wellness Open House returns to the David L. Bodenhamer Recreation Center and Cultural Center – Studio Fit on Friday, January 18 from 8 a.m. to 1 p.m. The Fit Fair will be specifically located at the Bodenhamer Center, while the Open House will include both the Bodenhamer and Cultural Centers. This event is free and open to the public. You do not have to be a member of the fitness centers to attend this event.

The Fit Fair and Wellness Open House will feature the area's top health and wellness professionals. Attendees can participate in wellness screenings, chair massages, free food, view exhibits and speak directly with health professionals to learn more about how to improve their overall well-being. The community is invited to visit both facilities, workout and enjoy classes at no cost for the day.

In addition, there will be free aerobic classes held in the gymnasium for anyone interested. Class times are as follows:

- 7:30 a.m. – Strength + Conditioning
- 8:30 a.m. – Step Aerobics
- 9:00 a.m. – Floating Fitness Demo (this class is located at the Indoor Pool)
- 9:30 a.m. – Strength + Conditioning
- 10:30 a.m. – Zumba
- 11:30 a.m. – Barre
- 12:00 p.m. – Tabata



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“The City of Gulf Shores Recreation Department is excited to work in collaboration with the area’s leading health professionals to administer this event for our community,” Recreation Manager Nicole Ard said. “The Community Fit Fair and Wellness Open House is a great opportunity for members AND non-members to explore our fitness centers, try a new aerobics class, meet our staff, be introduced to some wonderful healthy foods, and talk to local professionals about how you can improve your health... all for FREE!”

Lifesouth will be on site during the event hosting an Emergency Need Blood Drive. The goal for the blood drive is to get 17 donations, which will help save up to 51 lives in our community. All donors will receive a recognition item and a free cholesterol screening. Donors must be 16 or older and present a driver’s license.

Please join the Gulf Shores Recreation Department on January 18 as we work to achieve our goal of building a stronger, healthier Gulf Shores!

For more information, please visit www.gulfshoresal.gov/fitfair or contact the Bodenhamer Recreation Center at 251-968-1420.

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