



**Algonquin
Students'
Association**
CORPORATION

FOR IMMEDIATE RELEASE

January 28, 2003

Grand Opening of the Algonquin Fitness Zone

Ottawa, ON, January 28, 2003: The doors of Algonquin Students' Association's \$3.6-million Algonquin Fitness Zone officially opened today on Algonquin's Woodroffe Campus. Algonquin Students' Association President, Krista Helman, and Algonquin College President, Robert Gillett, were on hand to officially open the state-of-the-art fitness facility.

Says Algonquin Students' Association President Krista Helman, "This facility represents the focus and determination of the Students' Association to serve the needs of students and reflects the Students' Association's desire to be responsive to the changing needs of students."

The 20,000-sq. ft. Algonquin Fitness Zone features top of the line equipment with 43 cardio machines, selectorized equipment – Icarian and Cybex, Flite plate loaded area, large free weight area, certified personal trainers, natural and indirect lighting, Broadcast Vision and dry saunas.

"The Algonquin College Students' Association's Fitness Zone is solid evidence of

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Algonquin Fitness Zone – 2

Algonquin’s commitment to health and wellness, and a wonderful addition to the Students’ Association’s facilities,” says Algonquin College President Robert Gillett. “We are proud to work with the Students’ Association and remain dedicated to offering a well-balanced lifestyle to the College population.”

The Algonquin Fitness Zone is open to students, staff, alumni and the community. Alumni and continuing education memberships are \$100/4 months or \$275/year. Community memberships are \$35/month or \$395/year.

The Algonquin Fitness Zone is open from 6:00 a.m. to 10:00 p.m. Monday to Friday and 9:00 a.m. to 8:00 p.m. Saturday, Sunday and holidays. For further information, contact the Zone at 727-4723 ext. 7294.

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For more information on this media release, contact:

Susan Law
Marketing Coordinator
Algonquin Students’ Association
Office: 727-4723 ext. 5326

Dawn Dubé
Director, Public Relations
Algonquin College
Office: 727-4723 ext. 5192
Cell: 220-5291