



We Are Columbia

MEDIA ADVISORY

Public and Media Relations Department

(P) 803-545-3020 | (F) 803-343-8719

pio@columbiasc.net | www.columbiasc.net

FOR IMMEDIATE RELEASE

Friday, June 24, 2016

Contact: Shireese M. Bell at 803-760-9125 or smbell@columbiasc.net

Riverfront Park Fitness Zone Press Conference

WHAT: Councilwoman Tameika Isaac Devine will hold a press conference to unveil a new outdoor gym located in Riverfront Park, 312 Laurel St. The Riverfront Park Fitness Zone is located near the granite wall, before you reach the footbridge. The fitness zone is free and open to the public to use during the park's operating hours, 6 a.m. to 9 p.m.

The fitness zone features:

- 1- 4-person pendulum
- 1- 2-person wheelchair accessible chest press
- 1- Lat pull down and vertical press
- 1- 3-person static combo
- 1- Rower
- 1- 4-person leg press
- 1- Single elliptical cross trainer

The press conference will also include a pop-up workout session.

As a Let's Move! Gold Medalist City, the City of Columbia continues to provide opportunities for citizens to live healthy and active lives. The fitness equipment was installed in one of the City's most popular parks to run, walk or ride a bicycle.

WHO: Councilwoman Tameika Isaac Devine, City staff, area youth and fitness coach

WHERE: Riverfront Park, 312 Laurel St.

WHEN: Wednesday, June 29 at 10 a.m.

For more information, please call the Parks & Recreation Department at 803-545-3100.

###