

Cumberland County Reminder

www.ReminderUSA.net

VCC Flag Day Greetings.....	pg. 15
Down Jersey Summer	pg. 14
Featuring Tidal Chart	
Holly City Notes	pgs. 9, 22
Vineland Notes	pgs. 15, 23

June 10, 2009

Family Ctr. Expanding Ladies Fitness Program

MILLVILLE — The Holly City Family Center, a full-service recreation & fitness facility at 8 E. Mulberry Street, just west of Buck Street, has announced plans to expand its fitness center to add “female friendly” equipment.

A 12 piece women’s fitness circuit featuring relaxing music and audio station prompts will be added. In addition, an out-

door walking track will allow for fresh air fitness fun this summer.

According to executive director Paul Dice, the new women’s circuit equipment is scheduled for installation the

(continued on page 6)



Fitness Director Andrea Vanaman and Janet Reeves, Director of Operations at the Holly City Family Center, test the new walking track prior to the outdoor track’s grand opening to the public today.

FAMILY CENTER

(continued from front page)

weekend of June 20 and will be available to the public June 22.

The outdoor walking track is opening June 10, and new flooring is scheduled for installation in the cardio and women’s fitness area later this summer.

“We are continuing to invest and expand the fitness part of the Holly City Family Center as we recognize the increase in demand for healthy, proactive services and especially in light of the recent closing of Curves in Millville,” Dice says.

In conjunction with the expansion plans, Dice also announced a variety of incentives to encourage new members.

The \$60 joiner fee will be waived for anyone signing up as a new member in the month of June.

Additionally, Holly City Family Center hopes to attract former members of Curves of Millville by offering specifically to them, with proof of membership, the first month free, and also honoring the former facility’s monthly rate until the end of 2009.

Seniors will continue to receive the discounted \$22.25 rate per month.

The Holly City Family Center features a swimming pool, tanning beds, modern cardio equipment, exercise classes, strength training, massage therapy and even nutrition programs.

For more information, contact Director of Operations Janet Reeves at 293-0609 or email info@hollycity.org

The Family Center is hosting a tour of the Wheaton Mansion next Wednesday

— page 22