

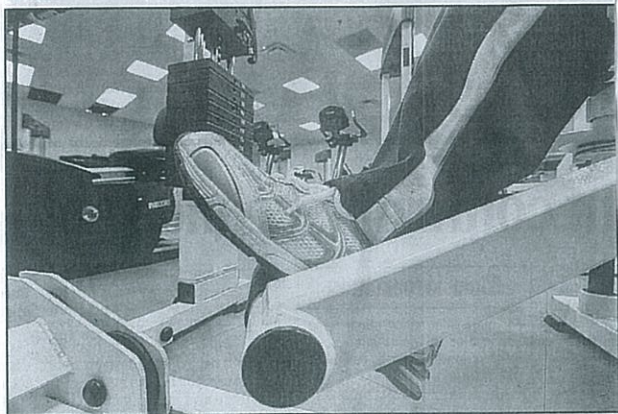
# THE DAILY JOURNAL

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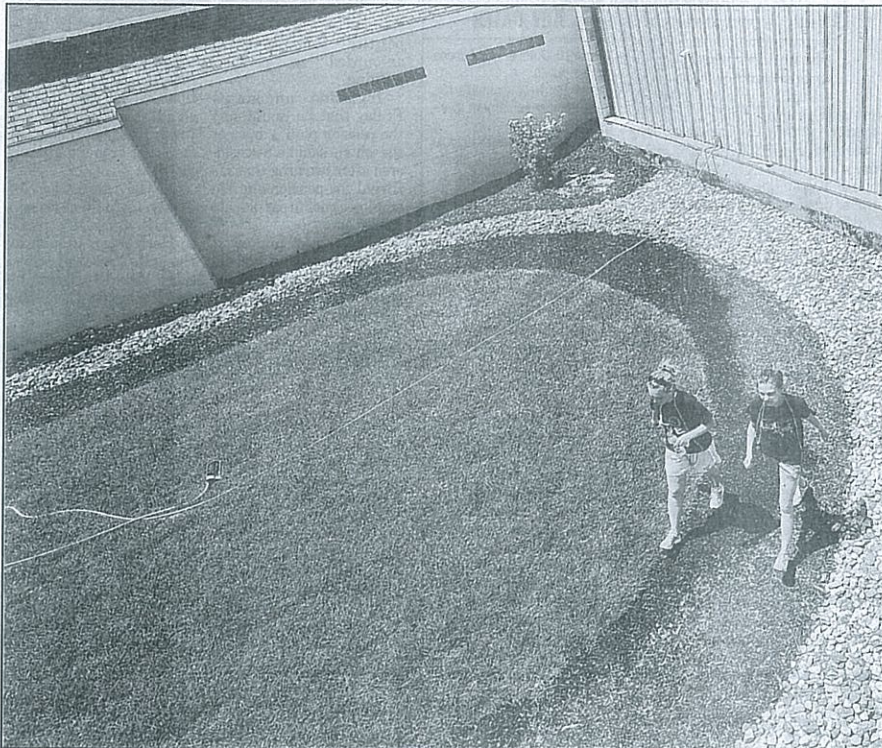
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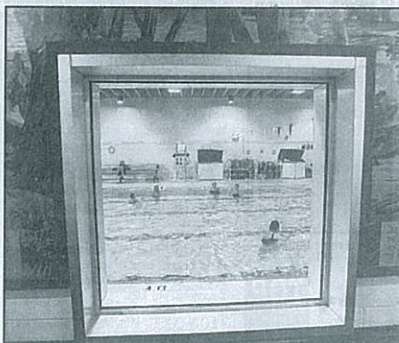
Staff photo/Craig Matthews

The Millville Holly City Family Center is expanding to include more female-friendly equipment. New women's circuit equipment is scheduled for installation June 22.



Staff photos/Craig Matthews

The Millville Holly City Family Center is expanding to become more female friendly. Lauren Schuelke of Fairton and Courtney Fralick of Millville are the first to walk the new track on Monday.



The Millville Holly City Family Center features a swimming pool, tanning beds, modern cardio equipment, exercise classes and more.

## Holly City Family Center beefs up fitness programs

By JOSEPH P. SMITH  
Staff Writer

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MILLVILLE — The Holly City Family Center is pumping some flexibility into its physical fitness programs, including adding some fresh air.

The fresh air comes with an outdoor walking track, according to Paul Dice, executive director of the Millville Housing Authority. The center oper-

ates under a subsidiary corporation of the authority.

The main thrust, however, is to create a more "female-friendly spot." The center has spent about \$7,500 to buy equipment from a Bridgeton fitness center.

The first floor workout area is getting a 12-piece training area for women: two rowers, a leg incline press, treadmill, Olympic

Please see CENTER on A4