



## MEDIA RELEASE

September 14, 2021

Contact: D'arcy Main-Boyington

Economic Development Director

City of Brewer

Phone: (207) 478-0702

Email: [dmain-boyington@brewermaine.gov](mailto:dmain-boyington@brewermaine.gov)

### For Immediate Release: RIBBON CUTTING FOR VETERAN'S PARK FITNESS CENTER

Brewer, ME – September 14, 2021–The City of Brewer will hold a ribbon-cutting and Grand Opening ceremony for its new fitness-focused outdoor gym at 3:30 pm on Friday, September 17, 2021. The fitness center is located on the waterfront in Veteran's Park, at the corner of Center and Penobscot Streets, just beside the Penobscot Bridge. Mayor Michele Daniels will begin the ceremony at 3:30 pm followed by Dean Clark speaking on behalf of Machias Savings Bank, whose sponsorship helped make the fitness equipment possible.

The ribbon-cutting will be followed by demonstrations of how to use the fitness equipment by trainers Adam Clark of Adam Clark Fitness, and Amy Curry of Bangor Brewer Athletic Club. Trainers will be available immediately following the ribbon cutting, as well as from 8:00 am to 12:00 pm on both Saturday, September 18, 2021 and Sunday, September 19, 2021 to assist anyone from the public wishing to try out the equipment and learn how to use it safely. Parking is available on Center Street and Betton Street as well as in the public lot at the Riverwalk Trailhead on Penobscot Street.

The fitness equipment is designed to appeal to both adults and teenagers and will provide all of the necessary elements of a well-rounded fitness program, including aerobic fitness, muscle development, core strength, and balance and flexibility. The equipment provides a variety of exercises for multiple fitness levels at each station and can be used by people of all abilities and fitness levels. The outdoor gym can accommodate up to 20 users at one time.

"Users unsure how to use the equipment will be able to scan a QR code off a sign located next to the equipment in order to get specific instructions for each station and sample workouts." according to Renee Doble, Deputy Director of Economic Development. "We hope this will help folks feel more comfortable getting started with the equipment."

A significant donation from Machias Savings Bank helped to make this project possible.

"Giving back to our communities is a key focus in moving Maine forward," said Dean Clark,

Senior Vice President of Machias Savings Bank. “We understand that this partnership with the City of Brewer helps promote healthy lifestyles which goes hand in hand with the growth and prosperity of a community. We are very pleased to partner with the City of Brewer on such an impactful community project.”

###