



# Get Ready! Get Fit!

The Fitness Center for Gulfport employees will open on Monday, March 2<sup>nd</sup> at 1:00 p.m. The center is located at 3310-17<sup>th</sup> Street, in the same building as the Medical Analysis Clinic.

The center has all new equipment such as weights, exercise bikes, treadmills and other fitness equipment necessary to become physically fit.

Mike Bradley, personal trainer and exercise specialist will be available for employees during the open hours at the center. Mike Bradley will schedule an appointment with each employee in order to complete a physical assessment and to tailor a physical plan, prior to each employee utilizing the equipment. Mike can be reached at 228-669-9325 or at his email address: [mikebfitness@yahoo.com](mailto:mikebfitness@yahoo.com).

The **first** week the center will be open **Monday through Thursday from 1:00 p.m. until 8:30 p.m.** After the first week, the Wellness (Fitness) Center will be opened from 3:00 p.m. to 9:00 p.m. Monday – Thursday.

Employees have expressed a desire for the Center to be open additional hours/days, but we are unable to expand the hours of operations at this time.

However, employees are encouraged to utilize the Francis Collins Fitness Center, located at 2204 Swetman Blvd. in Gulfport. The facility has a variety of fitness equipment. The hours of operations for the Francis Collins Fitness Center is **Monday thru Friday- 7:00 a.m. – 7:00 p.m. and Saturday 9:00 a.m. – 3:00 p.m.**

Visit [http://www.gulfport-ms.gov/leisureservices/Facilities/community\\_&\\_recreation\\_centers](http://www.gulfport-ms.gov/leisureservices/Facilities/community_&_recreation_centers) for more information and directions.

Remember you should always consult your personal physician before beginning any exercise or physical fitness program.

Exercise is an important part of a healthy lifestyle. Please make plans to check out our fitness center and let us hear from you.