

# City of Bristol Tennessee

---

FOR IMMEDIATE RELEASE  
Friday, January 18, 2013

CONTACT: Mallory Cross, Seniors Program Coordinator  
Parks and Recreation Department  
Phone: 423-764-4023  
E-Mail: [tsmith-talbert@bristoltn.org](mailto:tsmith-talbert@bristoltn.org)

## Slater Community Center Fitness Rooms Answer to Cabin Fever

With the rain, snow, and just plain old bad weather Bristol has been experiencing, it would be easy to contract cabin fever. As everyone knows that type of fever can turn into despondency, loneliness, and a growing fatigue from not getting any exercise or socializing with other people.

Bristol's Senior Community Center has just the answer for that particular affliction. Come on out to Slater Center and join your friends in the Fitness Room. It is free, the only requirements are that you are at least a young 50 year old and complete a 2-hour orientation. You will be on your way to meeting new friends, visiting with old friends and getting in great shape for spring.

The center's senior fitness rooms contain treadmills; tread climbers, elliptical machines, recumbent bikes, Schwinn Airdyne Bikes, two free-motion machines, and five Nu-Step machines. There is a nautilus room that contains over 24 nautilus machines, free weights and a True Stretch station.

The rooms are open Monday thru Thursday from 7:30 AM until 8 PM and from 7:30 AM to 5 PM on Fridays. What have you got to lose, except cabin fever, and maybe a few pounds—and it's free!

For more information contact Mallory Cross at 423-764-4023 or e-mail [mcross@bristoltn.org](mailto:mcross@bristoltn.org).

###