

NEWS RELEASE



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Waterford Health & Fitness Club

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FOR IMMEDIATE RELEASE

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WATERFORD ANNOUNCES DIRECTOR FOR NEW HEALTH & FITNESS CLUB

FARGO, N.D. — Mark Minette has been named director for the new Waterford Health & Fitness Club and will oversee all aspects of the club, which is set to open in June and will offer an extensive array of programs and classes to people throughout the Fargo-Moorhead area.

Prior to his position at Waterford, Minette served as the development director for Villa Nazareth in Fargo, leading fund-raising efforts for Friendship, Inc. and Riverview Place. Prior to that, he was executive director for two YMCA centers: The Parkersburg YMCA in Parkersburg, West Virginia, and the Mesabi Family YMCA in Virginia, Minnesota. He also served as adult program director for the Grand Forks YMCA Family Center in Grand Forks, North Dakota.

Minette received his Bachelor of Science in Corporate and Community Fitness from North Dakota State University. He holds numerous certifications, including the YMCA's Working with Older Adults.

The Waterford Health & Club will be open to anyone over 40 and feature a variety of fitness options with exercise equipment designed specifically for older adults. The warm-water swimming pool measures approximately 25 x 50 feet and ranges from about three-and-a-half to six feet in depth and includes two lanes for lap swimming. The therapeutic spa will maintain a warmer temperature for muscle relaxation and therapy.

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