



NEWS Release

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FOR IMMEDIATE RELEASE
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FREE OUTDOOR FITNESS COURT® TRAINING SESSIONS AT MEMORIAL PARK

ROCKPORT, TX – The City of Rockport will host a series of free trainings at its showcase Fitness Court® at Memorial Park from 9 am – 10 am on May 22, 24, 26, and 28. Sponsored by the City's Parks and Leisure Services Department, the sessions are free to the public.

Attendees will learn through the training and demonstrations how to use the Fitness Court. To register for one, or all, of the events, please contact the Parks & Leisure Services Department by telephone at (361) 727-2158 or by email at parks3@cityofrockport.com. A special drawing for free giveaways will be held at the Saturday, May 22 session.

Rockport is one of the first 200 communities nationally, and the only one in the Coastal Bend, to install this state-of-the-art outdoor gym facility, featuring bodyweight workouts that can be completed in seven minutes a day. The outdoor Fitness Court is completely free to use, and suitable for users ages 14 and up at any fitness level. The Fitness Court was originally dedicated on November 16, 2019, with plans for a series of training and demonstrations but they had to be cancelled due to the COVID-19 pandemic.

Additional information, including links to the apps, is available on the City's web site at <https://cityofrockport.com/724/Fitness-Court-at-Memorial-Park>.