



## **Arden Hills Debuts State-of-the-Art Strength & Conditioning Facility**

***New Facility Open to Highly Motivated or Sport-Specific Athletes***

**SACRAMENTO, Calif. (June 1, 2009)** – Arden Hills Resort Club & Spa is now home to the area’s finest Strength and Conditioning Facility designed for use by highly motivated athletes wanting sports-specific training, high intensity training (HIT) or personalized workouts developed and implemented by on-site Certified Strength and Conditioning Specialists.

The new 900-square foot facility showcases Olympic lifting platforms, bumper plates, squat racks, kettle bells, Dynamax balls, a 900-pound pull up bar system designed by “Twisted Metal,” plyometric boxes and equipment, and Olympic rings for athletes striving to reach their absolute peak physical condition. The new facility features the most durable, top-of-the-line Nebula Fitness Equipment which meets the highest standards in the industry today.

“A number of elite local athletes are already utilizing and benefiting by our state-of-the-art Strength and Conditioning Facility,” said Robert Linkul, Strength & Conditioning Specialist at Arden Hills. “This facility stands alone in design and function and cannot be found at any other wellness resort in the region, state or the nation. With this addition to our already extensive fitness pavilion, we’ve set a new standard for achieving the optimal workout and training facility.”

Arden Hills is staffed by a team of highly skilled Certified Strength and Conditioning Specialists (CSCS), all of whom have achieved the highest level of certification for their area of focus. Along with the team of personal training coaches, the new facility at Arden Hills is available to all athletes interested in achieving a new level of physical fitness training. In fact, personalized workouts can be developed for athletes participating or cross training in football, soccer, basketball, lacrosse, water polo, Olympic weight lifting, power lifting, baseball, mountaineering, rock climbing, cycling, cross country, rugby, swimming, tennis, golf or other competitive sports.

### ***About Arden Hills Resort Club & Spa***

*For more than a half century, Arden Hills has been at the forefront of inspiring young and old to experience a more abundant life. Whether it is world-class athletes needing that extra edge, business professionals looking to improve their productivity, or individuals seeking to improve their self image through health and beauty enhancement, they all look to Arden Hills Resort Club & Spa, a state-of-the-art wellness resort offering cutting edge technology and education combined with first-class service. Sound nutrition is the foundation of our wellness philosophy. Our award winning chefs specialize in natural, organic whole foods and are supported by a highly trained nutritional staff. Situated in the heart of California’s capital, Arden Hills has been both world-renowned and treasured by locals throughout its colorful history. The wealth of services offered at Arden Hills are available to both members and to daily and overnight guests. Enter the resort and be prepared to be transformed on your way to a more fulfilling life of health and happiness. To explore and experience the wide range of wellness offerings available to everyone, visit [www.ardenhills.net](http://www.ardenhills.net) or call 916-482-6111.*

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