



## Community Calendar Announcement

**What:** Bench Press Competition

**Where:** Arden Hills Resort Club & Spa  
1220 Arden Hills Lane, Sacramento

**When:** Saturday, February 25

**Time:** 9:30 a.m.

**Cost:** \$45 entry fee

**For More:** 916-955-1586 or [www.ardenhills.net](http://www.ardenhills.net)

**Suggested Copy:** The top-notch Strength & Conditioning team at **Arden Hills Resort Club & Spa** is proud to present the first-ever Bench Press Max Weight Competition where members and guests alike can compete to show their power and strength in a fun and energized setting. The bench press competition will take place in the state-of-the-art Strength & Conditioning room at Arden Hills. Sign up today and be sure to ask about a pre-event training program, too. Get your power on with Arden Hills -- for more, call 916-955-1586 or visit [www.ardenhills.net](http://www.ardenhills.net).