



Community Calendar Announcement

What: Pacific Weightlifting Association Masters Championships

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

When: Saturday, March 6

Time: 8:00 a.m. weigh-ins; 10:00 a.m. weightlifting begins

Cost: \$5.00 for spectators; \$40.00 weightlifting fee

For More: (916) 955-1586 or www.ardenhills.net

Suggested Copy: Arden Hills Resort Club & Spa is proud to host the prestigious Pacific Weightlifting Association Masters Championships on Saturday, March 6. The event will take place in the new, state-of-the-art Strength & Conditioning facility on-site at Arden Hills. Spectators of all ages are welcome! Also, men and women ages 35 and older are invited to come lift weights in the new facility with trained instructors on hand to assist. For more, call 916-482-6111 or visit www.ardenhills.net.

#