

## Exercise, Weight Lifting Facility Marks Three-Year Anniversary

Three years ago, on January 23, 2001, the BNL Exercise & Weight Lifting Facility opened after extensive remodeling. Funding from BSA had provided a 650-square-foot mezzanine and new exercise equipment.

Since that day, the new facility has drawn many new participants. In 1992, the gym had 45 members; now 518 exercise enthusiasts come to use the equipment.

Said Charles Gardner, president of the BERA Exercise & Bodybuilding Club (BBC), "The club's mission is to promote fitness and health through exercise. We have worked hard since 2001 to obtain new equipment such as a Lat Pull-down machine, a shoulder and chest press combination, an elliptical trainer, a chest fly/rear deltoid machine, a recumbent bike, and a stairmaster."

The club has also added stability balls for resistance training and a brand-new sound system that includes a television and CD player.

All employees and Lab visitors, guests, and their families are invited to join BBC. Each



In the BNL Exercise & Weight Lifting Facility in the gym with Lisa Zimmerman (right) are: (from left) Patrick Moylan, Mark Pidkowich, and Kelly Warren.

user pays \$25 yearly to help with expenses for maintenance and equipment upgrades. Users are issued a membership number that interfaces with a card-reader system. A one-time complimentary visit can also be arranged for those wishing to try the facility be-

fore paying the full fee.

In addition to providing equipment, membership with the BBC also allows for access to a certified "personal trainer" at an additional cost. To find out more details, or if you are interested in joining or visiting the club, go to the club

website, at [www.bnl.gov/bera/activities/bodybldg/](http://www.bnl.gov/bera/activities/bodybldg/), or contact club officers Charles Gardner, Ext. 5214 or [chuckg@bnl.gov](mailto:chuckg@bnl.gov), Elliott Levitt, Ext. 2495 or [levitt1@bnl.gov](mailto:levitt1@bnl.gov), David Dale, Ext. 2976 or [dale@bnl.gov](mailto:dale@bnl.gov), Firoza Zandoni Ext. 4532 or [firoza@bnl.gov](mailto:firoza@bnl.gov).