



New Weight Room to Open at Tony Rosa Community Center

PALM BAY, Fla. - Palm Bay Parks & Recreation has added a new weight room to the Tony Rosa Community Center, 1502 Port Malabar Blvd NE. New machines include eleven Technogym Machines: Pectoral, Arm Extension, Abdominal Crunch, Shoulder Press, Chest Press, Lower Back, Glutes, Multi Hip, Low Row, Arm Curl, and Vertical Traction machines. Five new Hammer Strength machines have also been added: ISO-Lateral Shoulder Press, ISO-Lateral Back Press, ISO-Lateral Chest & Back, ISO-Lateral Decline Press, and Linear Hack Press. In addition to the new machines, the new weight room now has a walk through into the existing cardio room. The original weight room at the center will also remain open.

The new weight room will be open for use beginning Tuesday, December 27. Hours of operation will be Monday through Friday from 9 a.m. - 9 p.m. and Saturday from 9 a.m. - 5 p.m. The daily use fee is \$2 per person. Annual memberships are \$45 for minors and seniors (under 18 or over 55), \$75 for adults (18-54), \$5 for active city employees, and free for police/fire/military members. Family memberships are available for \$160. A 1-month membership is \$10 and a 3-month membership is \$25.

For more information, call the center at (321) 952-3443. You can also find information on the web at www.playpalmbay.org or www.facebook.com/pbflparks