

# NEWS

TOWNSHIP OF WOODBRIDGE



**MAYOR JOHN E. McCORMAC**

**1 Main Street, Woodbridge, NJ 07095**

Phone: (732) 634-4500 ♦ Fax: (732) 602-6016

Web: <http://www.twp.woodbridge.nj.us>

**FOR IMMEDIATE RELEASE:**

Aug. 24, 2007

**FOR FURTHER INFORMATION CONTACT:**

John R. Hagerty

Mayor's Office of Communications

732-602-6039

## **EVENT ADVISORY MON., AUG. 27**

**Mayor John E. McCormac & YMCA at Woodbridge Community Center To  
Open New Wellness Center & Strength Training Area on Mon.,  
Aug. 27**

**WHAT:** Mayor John E. McCormac will join William Lovett, CEO, Woodbridge-Edison-Metuchen YMCA, the YMCA fitness staff and members to officially open the YMCA's new Wellness Center and Strength Training Room at the Woodbridge Community Center on Mon., Aug. 27.

*The YMCA Wellness Center is designed to accommodate participants at all fitness levels. The Center is equipped with treadmills, ellipticals, upright and recumbent bicycles, steppers, nu-steps, and an upper body ergometer.*

*The Center also has an expanded stretching area equipped with resista-balls, medicine balls, cable machine and abdominal trainer.*

*The new Strength Training Room offers a full circuit of Nautilus and Cybex strength equipment, a complete selection of dumbbell weights, incline, decline and flat benches, a 3-dimensional Smith machine and cable crossover and much more.*

**WHO:** Mayor John E. McCormac  
Members of the Woodbridge Township Municipal Council  
William Lovett, CEO, Woodbridge-Edison-Metuchen YMCA  
Sherrill L. Rudy, YMCA Branch  
Director  
Members of the YMCA's

*professional Fitness Staff  
YMCA Members and Guests*

**WHEN:** **MON., AUG. 27, 2007**  
**11:30 A.M.**

**WHERE:** **YMCA at the Woodbridge Community Center**  
**600 Main Street**  
**Woodbridge**

**###**