



Harbor Fitness Helps Keep New York's Finest and Bravest Strong!

For Immediate Release, February 2008. Harbor Fitness is doing their part to keep New York's Bravest & Finest strong! On February 27th, the club is donating over \$26,000 worth of Cybex Strength Equipment and Free Weights to several firehouses and precincts. The 68th Precinct of Bay Ridge, 72 Precinct of Sunset Park, and Ladder 42 of Park Slope will be picking up the majority of the equipment.

Through their commitment to keeping their facilities state of the art, Harbor Fitness is accepting delivery of Cybex's brand new line of strength equipment dubbed "VR3". Although their current line of "VR" equipment is in great shape and could fetch a substantial amount of money from dealers of used equipment, the owners of the club feel that helping out those who protect us is worth more than the monetary gain. The equipment that the Police and Fire Departments does have comes solely from donations, as the city does not have any room in their budget to finance their gyms.

According to Harbor Fitness partner, Michael Ganim, "If you could see the equipment these firehouses & precincts have you would do the same". "We want to do whatever we can to help those who deserve it the most", says co-owner Christopher Ganim.

In addition, Harbor Fitness offers a special corporate membership discount to all police and fire department employees who are interested in joining.

With locations that are open 24 hours in Bay Ridge and Park Slope. Brooklyn, Harbor Fitness offers a wide variety of group fitness classes such as spinning, kickboxing, yoga and pilates. Both locations offer free child care and the latest in cardio and strength training equipment.

For more information about our programs contact Harbor Fitness in Park Slope- 191 15th Street, 718-965-6200, or Bay Ridge - 9215 Fourth Avenue 718-238-9400, or visit us on the web at www.harborfitness.com

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We are the best part of a member's day...every day

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Park Slope 191-Fifteenth Street - Brooklyn, NY 11215 (718) 965-6200

www.harborfitness.com