

NEWS RELEASE



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Waterford Health & Fitness Club

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FOR IMMEDIATE RELEASE

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For further information:

Steve Metzger

(701) 355-1280

WATERFORD ANNOUNCES DIRECTOR FOR HEALTH & FITNESS CLUB

BISMARCK, N.D. — Steve Metzger has been named director for the Waterford Health & Fitness Club and will oversee all aspects of the club, which offers an extensive array of programs and classes to residents of Waterford on West Century as well as to members from the broader community.

Prior to this position, Metzger owned Choice Orthotic Services and managed Gartner's Functional Footwear, Inc. Before that, he served as the wellness director for the Bismarck YMCA, creating numerous programs, such as fitness screenings, Women on Weights, Arthritis and Pain, Body Boot Camp, Healthy Start Recreation and more.

A certified orthotist, Metzger worked in a private practice in Saginaw, Michigan, for several years analyzing people's gait and anatomy and building braces for support. He also worked for a number of years at Great Plains Rehabilitation Services in Bismarck, North Dakota.

Metzger earned his orthotics certificate from Northwestern University in Chicago and holds a Bachelor of Science in Business Administration with an emphasis in Management from Colorado Technical University. He is completing the American Council on Education's Personal Trainer Program.

The Waterford Health & Fitness Club is open to anyone over 40 years and features a variety of fitness options — including pool and therapeutic spa — with exercise equipment and classes designed specifically for older adults. Visit WaterfordBismarck.com/health-club for more information.

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