

Avondale EMCC Fitness Center has new look, expanded programs

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Robert Vehock, who has been working out at the Estrella Mountain Community College Fitness Center for 18 years, is excited about the center's new look and expanded programs.

Go inside Avondale EMCC Fitness Center

Vehock, 77, joined the center at Dysart and Thomas roads in 1992 when the college opened and he still works out just about every day.

"There's always someone there to greet you and to help you with anything you need. It's a great environment and they have all the equipment that works for me and my body," he said.

Vehock and other long-time members of the Fitness Center were honored last month at a grand re-opening event to celebrate the center's remodeling and new focus.

Fitness-center manager Lyle Bartelt said the center received a "face-lift" to make it more appealing.

"Our face-lift consisted of repainting the entire facility in warmer colors, rearranging the exercise equipment to create a more inviting atmosphere and a deep cleaning

from carpets to closets," he said. "Many fitness centers can have a rather aggressive or even intimidating feel to the facility itself. We want anyone from the experienced exerciser to the novice beginner to feel comfortable joining our community of fitness."

Programs available include Zumba, Boot Camp, yoga, pilates and martial arts.

Historically, the center served community members with non-credit programming. But as the college grew, Bartelt said credit programs for students were added.

"Our new Reshaping Fitness program is designed to revitalize our service to the surrounding community," he said. "We encourage everyone to join our community of fitness and wellness."

The center offers monthly wellness education, fitness consultation and wellness checks to monitor blood pressure, triglycerides and glucose.

Participants may enroll for individual fitness, group exercise classes or both.

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