

Enthusiasm & Energy in Abundance for FMWR's Newly Expanded Fitness Center At The Detroit Arsenal

By George Bournias, Family & Morale, Welfare & Recreation, US Army Garrison Detroit Arsenal (DTA)

Detroit Arsenal, Warren, MI - On the beautiful morning of Tue., Oct. 5th, Detroit Arsenal (DTA) Deputy Garrison Manager Alan Parks welcomed the more than 120 enthusiastic attendees gathered for the Grand Re-opening and ribbon-cutting of the newly expanded Fitness Center.

Following a stirring rendition of the National Anthem, sung by Assistant Chaplain, Sgt. David Teakell, Mr. Parks praised the Family & Morale, Welfare & Recreation division along with the Construction Crew involved with building the new 2,000 sq. foot Fitness Center addition.

Mr. Parks added that "the expansion was a result of first round stimulus funds and a true team effort and we are excited that we are able to meet the increasing demand and to support the Army Family Covenant as well as Soldier, Family and Civilian Readiness and Wellness."

Mr. Parks comments were echoed by FMWR Fitness Center Manager and Event Co-Chair Travis Kelly who added that "it was a thrill to see such an enthusiastic turn-out and hear the tremendously positive comments related to the new expansion."

Mr. Kelly introduced DTA Chaplain, Colonel Steve Moon, who humorously shared some history on the DTA Fitness Center, as well as the importance of a healthy mind, body and spirit. Chaplain Moon then joined Mr. Parks and Mr. Kelly, Ms. Denise Ellis-Goyke, FMWR Director, and Mr. Leonard Sullivan, Recreation Chief for the Ribbon-Cutting.

FMWR DTA Fitness Center Facts:

- The DTA Fitness Center has been operated and staffed by the Family and Morale Welfare and Recreation (FMWR) since June 2008.
- Since assuming responsibility the programs and participation has grown to the extent that an expansion was approved to assist in the continuous growth of this core program.
- The addition to the Fitness center will add 2,000 square feet, a nearly 50% increase.
- All DTA Employees - Active Duty, Reservists, DoD Civilians and Contractors as well as Retirees.
- The fitness center now offers a full slate of class offerings including Zumba, PX90 and Cross-training.
- With the expansion, Men's & Women's locker rooms have been updated and there is now a suitable area for group exercise instruction, free weights, Cybex Machines and a Cardio Fitness Area.

Questions: Mr. Travis Kelly, DTA Fitness Center – 586-282-5606