

MEDIA RELEASE

FOR IMMEDIATE RELEASE

The Club at White Oaks Introduces State-of-the-Art Matrix Equipment

Niagara-on-the-Lake, ON – The Club at White Oaks, a leading fitness facility dedicated to providing an exceptional fitness experience, is thrilled to announce a major upgrade to its weight room and women’s only gym with the introduction of cutting-edge Matrix equipment. This exciting development not only caters to the diverse needs of their members but also positions The Club as a featured state-of-the-Matrix facility in Matrix’s world-wide magazine.

Among the additions are the highly requested 8 Stack Multi Station, Glute Trainer, Hack Squat, Prone Leg Curl, Abdominal Crunch, Hip Abductor/Adductor and all new weights! These state-of-the-art machines are designed to elevate the workout experience and deliver unparalleled results for the White Oaks Members.

Matrix, a global leader in fitness equipment, has chosen The Club at White Oaks to be showcased in their world-wide magazine, recognizing their commitment to providing top-notch facilities and staying at the forefront of the fitness industry.

Club General Manager Sandra Lynch expressed her excitement about the new equipment stating: “I am so excited that we are bringing Matrix equipment in for our Members. We are always trying to stay cutting edge in the fitness industry, and this equipment is the best you can get”.

Cathy Mills, the Director of Group Exercise and Personal Training, also shared her enthusiasm, “Our personal trainers are so excited to train their clients on the new Matrix equipment. We will be happy to show our Members how to get the most of out the new equipment”.

Members can look forward to experiencing a new dimension of fitness at The Club at White Oaks, with expert trainers to guide and assist in maximizing the benefits of this brand-new Matrix equipment.

1-800-263-5766

www.whiteoaksresort.com

White Oaks Resort & Spa is located in the heart of Ontario wine country, Niagara on the Lake and offers more than 60,000 sq.ft. of conference meeting and exhibition space and 220 beautifully appointed guestrooms. Dining experiences at White Oaks range from fine dining LIV Restaurant, to casual pub favourites at Play Bar and Grill and healthy offerings at Grow Kitchen & Café. The world class Spa at White Oaks tempts with pure indulgence, and offers the most results driven skin care in a stunning setting. The Club at White Oaks is a magnificent three story fitness and racquet club with private membership. All contained under one roof, White Oaks Resort provides hotel guests, club members and conference delegates an outstanding Niagara experience.

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