

FOR IMMEDIATE RELEASE March 3, 2022

# PRESS RELEASE

## New Recovery Room at The Center

**WHAT:** The Geneseo Park District is excited to announce the addition of a Recovery Room at the Geneseo Community Center.

**WHY:** The Recovery Room is a dedicated Wellness Facility to help you relax and recover from daily pressures and improve athletic performance.

A variety of Equipment is available to help you de-stress after a long day at school or work and restore your body after a workout;

- Arm, Leg & Hip Compressions Sleeves
- Massage Chair
- Hyper Volt Percussion Massage
- Vyper High-intensity Vibrating Fitness Roller
- Hypersphere High Intensity Vibrating Fitness Ball

The Recovery Room is possible thanks in part to the Francis G. Miller and Betty J. Miller Foundation.

**HOW:** The Recovery Room is available during normal Community Center hours and is included in your Membership or with Daily Admission. Access cards can be checked out at the Community Center's Front Desk. Contact the Community Center with any questions at (309) 944-5695 or visit our website at [GeneseoParkDistrict.org/Community-Center/#recovery](https://www.geneseoparkdistrict.org/Community-Center/#recovery)

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