

**NEWS RELEASE**  
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**FULTON COUNTY GOVERNMENT**



**Benson Senior Facility Aquabikes a First for Georgia**

Aquabikes provide a low-impact, high intensity workout that protects joints and muscles

ATLANTA—Fulton County seniors who use the Dorothy C. Benson Senior Multipurpose Facility can now exercise in the pool with seven new **Hydroider** Professional Aquabikes. The Friends of Benson successfully sought an \$8,500 grant from the Sandy Springs Society for the new water exercise alternative and donated the remaining \$4,645 toward instructor training, bike ordering and shipping charges. Benson Fitness Program Coordinator Nicole Wyche noted that the Benson Facility's Aquabikes are a first for Georgia.

After the idea for the alternative water exercise was presented to Facility Manager Sabrina Hudson by a former Benson instructor, Friends of Benson Board member Harvey Levitt researched the idea of Aquabikes and visited a YMCA in Knoxville, TN to observe the program. Following the visit, Friends of Benson President Russell Sellars submitted the grant request and Benson now has seven Aquabikes and one Spin Bike.

District 2 Commissioner Bob Ellis expressed his appreciation to Friends of Benson and the Sandy Springs Society. "We commend the Sandy Springs Society and the Friends of Benson for their financial support in bringing this valuable equipment to the Benson Senior Multipurpose Facility. We believe Aqua Cycles offer another fitness ALTERNATIVE for seniors in need of low impact options that are easier on joints and muscles," said Ellis.

"We are excited about the addition of Aquabikes to the fitness activities at the Benson Multipurpose facility" said Health and Human Services Deputy Chief Operating Officer Dr. Pamela Roshell. She added, "Partnerships and collaboration bring added value to our programs."

The Benson Facility is currently conducting workshops for seniors interested in participating in future classes. **The workshops are scheduled every Monday and Friday from 12:00 p.m. until 1:00 p.m. Seniors are required to register to try out the bikes by calling the Benson Senior Multipurpose Facility at 404-613-4900.**

The Friends of Benson decision to support the Aquabike program was based on the following benefits:

- a high calorie burn
- Lean muscle building
- Increased circulation
- Low impact on joints.

Aqua cycling classes provide a low-impact, high intensity workout that keeps participants' joints, bones, and muscles protected from injury. Participants can aqua cycle at many levels with workout adjustments made by the certified trainer and the individual as needed.

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