

FOR IMMEDIATE RELEASE

St. Mary's University College receives funding to upgrade fitness area

Calgary, AB (October 20, 2010) – St. Mary's students, faculty, staff and community members will soon be huffing and puffing in the name of health and wellness thanks to a \$34,052 grant from the Government of Alberta's Community Facility Enhancement Program (CFEP). The funding will be used to offset costs of relocating and renovating the Collegiate Training Hall, the institution's fitness area.

As enrollment at St. Mary's increased steadily over the past number of years so did the demand for more fitness and training space. As such, St. Mary's outgrew the existing facility, located in the lower level of the Students' Association building. The new hall will move into the former gymnasium in the main classroom building. Half the space will be used as a multi-purpose sport court for various recreation activities, including group fitness classes such as yoga, dance and kickboxing. The second half will be equipped with cardio and strength training machines as well as free weights and areas for stretching.

The training hall relocation and upgrade is expected to cost \$100,000 and be finished in time for the fall 2011 term. The facility will be open to students, staff, faculty and the broader St. Mary's community, enhancing opportunities for physical activity, wellness programs and promotion of healthy lifestyles.

"The St. Mary's University College community is very grateful for this timely support from the Government of Alberta that will greatly increase the opportunities available to our students and the wider community for enhancing their health and well being," said Dr. Terry Downey, President of St. Mary's University College. "Thank you also to Minister Ady for her ongoing encouragement and support as our MLA. We are excited about the renovated training facility we will soon be able to offer the St. Mary's community thanks to this support."

"This investment represents the Alberta government's ongoing priority towards recreation, active living and sport that enhances the quality of life for all Albertans." said Cindy Ady, Minister of Tourism, Parks and Recreation. "We are excited to provide further opportunities for the St. Mary's community to engage in an active and healthy lifestyle that will result in greater individual, family and community well being."

The CFEP was created by the Government of Alberta to provide financial assistance for the expansion and upgrading of Alberta's network of community-use facilities.

About St. Mary's University College

St. Mary's University College is a Catholic post-secondary, liberal arts and sciences teaching and research institution open to all faiths and traditions. St. Mary's offers Bachelor of Arts degrees, a Bachelor of Education (Elementary) degree and university courses in 33 academic disciplines. For more information, visit www.stmu.ab.ca



The Honourable Cindy Ady, MLA for Calgary Shaw, presents a cheque for \$34,052 to Dr. Terry Downey, President of St. Mary's, for the relocation and renovation of the institution's training hall.

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