



ALAMO  
COLLEGES

PALO ALTO COLLEGE

## NEWS RELEASE

Contact: Natalie Barajas, Public Information Officer  
[nbarajas3@alamo.edu](mailto:nbarajas3@alamo.edu); 210.486.3882

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# PAC promotes a healthy campus culture with new fitness center opening

Palo Alto College will officially open a new campus fitness center to reaffirm its commitment to create a healthy campus culture for students, faculty, and staff at a ribbon cutting ceremony on Sept. 4, at 10 a.m. in the Aquatic Center/Gymnasium.

“The addition of this fitness center will help foster a culture of wellness at Palo Alto College,” said Dr. Mike Flores, president of the college. “A healthy student body and workforce will allow all of us to be successful.”

The fitness center is equipped with cardio equipment, free weights, and weight machines, with access to locker rooms with showers, a full-sized basketball court, and the campus’ Olympic-sized pool. It is open to all Alamo Colleges students, faculty and staff with a current Alamo Colleges I.D. Participants will also be allowed free registration for Rec Trac, a recreation management system that will track the progress of their fitness goals.

In addition to the new fitness center, the college offers students the opportunity for physical activity through intramural sports, fitness challenges, bench press competitions, swim challenges, and more. Walking enthusiasts can join an on-campus walking group that takes advantage of the college’s 1.5 miles of walking trails.

Palo Alto College was recently recognized by the Mayor’s Fitness Council and the San Antonio Business Group on Health for promoting employee wellness through physical activity, nutrition, smoking cessation and health education. The College received the bronze-level award in the medium and large category for San Antonio businesses.

“Research shows physical activity improves a person’s mental and physical well-being,” said Alexis Lowe. “The new Fitness Center and added activities gives us the opportunity to affect many dimensions of wellbeing for our PAC community.”

Palo Alto College, one of the Alamo Colleges, is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award associate degrees. With nearly 9,000 students, the College also offers short-term certificates and non-credit continuing education classes. The campus is located on the Southside of San Antonio at 1400 W. Villaret Blvd. at I-410 and Texas Hwy. 16 and online at [alamo.edu/pac](http://alamo.edu/pac).

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