



ALCATRAZ FITNESS recently held a ribbon cutting to officially open the facility. Cutting the ribbon is Dave Thompson, owner. Alcatraz offers a variety of workout opportunities that help you maintain a healthy balance between your workout goals and your life. In addition to the many choices of fitness techniques, they also provide event-centric training for obstacle course training. Contact Alcatraz Fitness at 423-559-7804 or visit at 3575 Adkisson Drive N.W. Suite 1040. Online, visit www.alcatrazfitness.com.