

NEWS RELEASE



For immediate release

April 15, 2016
For more information:
Christy VanderMolen
928-632-7800

Construction begins on Touchmark Clubhouse

PRESCOTT, Ariz. — Adults looking to improve their overall fitness and socialize in a comfortable setting will have a new option next year as Touchmark hosted an April 13 groundbreaking event for the Clubhouse at Touchmark at The Ranch.

Membership in the club will be included for Touchmark residents as well as available to a limited number of Prescott-area residents 50 years and greater. The two-story building will be located between Touchmark's single-family cottages and Grand Lodge and will offer members numerous opportunities to socialize and pursue wellness activities.

The lower level will offer a full-service health and fitness club designed specifically for older adults. It will include an indoor heated pool and spa, aerobics and TRX® studios, cardio and strength-training equipment, certified personal trainers, group exercise classes (e.g., Zumba® and Aqua Zumba®), massage therapy and more.

The upper level will feature a fireplace lounge, casual pub and restaurant, commercial kitchen, civic meeting space, boardroom for Resident Council meetings and flexible space for events.

In addition to the 18,850 square feet of indoor space, there are more than 2,000 square feet of outdoor decks and patios (covered and uncovered) along with a small outdoor kitchen, fire pit and optional outdoor dining. The Clubhouse also will offer dramatic southeast views to Prescott National Forest. With its southwest architectural design, the building will feature stone, stucco and a tile roof.

“This new Clubhouse will be a hub of social and wellness activities for Touchmark and the broader community,” said Touchmark Executive Vice President Tom Biel. “We are committed to improving people’s well-being, and this new clubhouse will offer amenities and programming not typically found in other clubs.”

Unique fitness offerings

Functional fitness training will be among the health and fitness club’s offerings. Unlike traditional strength training using free weights that strengthen isolated muscles, functional fitness uses a variety of equipment to engage multiple muscles

-more-

TOUCHMARK AT THE RANCH
Full-service Retirement Community
3150 Touchmark Boulevard • Prescott, AZ 86301
928-632-7800 • Touchmark.com

simultaneously. In addition to improving strength, the training enhances balance and flexibility. As a result, participants experience increased function in their daily activities.

Certified trainers and exercise specialists also will be able to use the NeuroCom® Balance Master®, advanced equipment that applies interactive computer technology to identify and evaluate a person's unique balance and movement patterns.

The Clubhouse project will provide work for more than 50 people during construction and is expected to be completed in early 2017. It is the first building to be constructed on the 45-acre campus. Work on single-family cottages and a Central Park will begin soon.

Information about Touchmark at The Ranch, including the Clubhouse, is available by calling Touchmark Retirement Counselor Christy VanderMolen at 928-632-7800 or visiting TouchmarkPrescott.com.

Design and construction team

Architects for the project are Joseph Billig, AIA, Senior Vice President of Architecture with Touchmark Development & Construction, and LRS Architects. The Weitz Company is the general contractor. Rick Wessell, Senior Vice President and Director of Construction for Touchmark Development & Construction, is overseeing the project, working with Jim Perryman, the on-site Touchmark Development Manager.

About Touchmark at The Ranch

When completed in 2018, Phase I of Touchmark at The Ranch will offer a range of homes and lifestyle options. These will include single-family cottages as well as lodge homes in the Grand Lodge. A broad continuum of services and care will be available, including active adult, independent living and assisted living services. In addition to the Clubhouse, a wide array of amenities will be available, such as restaurant-style dining, hair salon, computer center, library, bistro, walking trails and much more. Touchmark at The Ranch will be similar to Touchmark at Mount Bachelor Village in Bend, Oregon.

-end-