

# NEWS RELEASE



**For immediate release**

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## **Health & Fitness Club and Restaurant available in new Touchmark Clubhouse**

PRESCOTT, Ariz. — The Clubhouse is now open at Touchmark at The Ranch, offering Touchmark residents and the public a hub for fitness and socializing at the Health & Fitness Club and The Finn™ Restaurant & Pub. The Touchmark Information Center is also located in the Clubhouse along with administrative offices and meeting rooms available to the public.

### **A new Restaurant & Pub**

The Finn serves breathtaking views, inventive beverages and fresh, distinctive food in a casual setting. Chef and Food Services Manager Matthew Crawford and the talented kitchen staff artfully prepare original dishes that pair well with signature cocktails and a wide selection of beer and wine.

Attentive staff highlight daily specials and featured menu items. Day or night, the comfortable environment is accented with views through expansive windows, and outdoor seating on the veranda is available, weather permitting.

The private dining room is a perfect setting for business meetings, family gatherings and parties.

Crawford brings more than two decades of culinary experience to The Finn. Previous positions have included Sous Chef, Assistant Room Chef, and Executive Chef at prime gourmet destinations from Vail, Colorado, to the Phoenix metro area. Most recently, he worked in high-end steakhouses in Las Vegas, Nevada.

Reservations may be made by calling 928-708-3133 or visiting [TheFinnPrescott.com](http://TheFinnPrescott.com).

### **New Club tailored for adults**

Membership in the 10,000-square-foot Club is available to Touchmark and local residents 50 years and greater. Club offerings specifically designed to promote fitness and positively affect health conditions include:

- Indoor heated pool for aqua walking, lap swimming and group classes
- Warm-water spa pool with whirlpool jets
- Fitness equipment, such as True Fitness ellipticals, treadmills, Espresso HD bike for cybercycling and more
- TRX® studio
- NeuroCom® Balance Master®

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TOUCHMARK AT THE RANCH  
*Full-service Retirement Community*  
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Massage therapy will be offered in the future.

A unique offering is functional fitness training. Certified personal trainers/exercise specialists work with members using a variety of training systems to engage multiple muscle groups at once. This improves strength as well as enhances balance and flexibility, all of which increase people's ability to function better in their daily activities.

The trainers and specialists provide the functional fitness training in studios created for individual and small-group sessions. The range of equipment used includes Inspire and Hoist multipurpose training systems.

The Espresso HD bike provides a computer-simulated environment for users to gain a more interactive experience. The screen displays different trail options and even offers games to play while riding the bike. By controlling hand steering, riders respond to the on-screen terrain and commands.

Recent research shows this type of exercise can prevent or delay dementia and improve brain function. Health professionals have found that by adding the virtual reality component, older adults can gain some protection against mild cognitive impairment.

The NeuroCom® Balance Master® is advanced equipment that uses interactive computer technology to identify and evaluate individual's balance, function, and unique movement patterns.

"Our staff are highly trained in serving the needs of the mature population," says Lisa Fry, who oversees the Club as well as health and fitness offerings throughout Touchmark. "Members really appreciate the individualized attention and comprehensive programming we provide. Our Club is the perfect setting to meet new friends, and we find the social aspect of fitness is a crucial part of staying motivated."

Fry's philosophy is centered around fun. "The key to fitness is finding activities you enjoy so that you can look forward to your next workout. Our Club is a training environment that provides you the tools to live life to the fullest!"

Her professional background includes 25 years of program design and development, personal training, group instruction, care management and "an unstoppable passion for preventative health care every day."

For information about joining the Club, call 928-708-3133.

### **About Touchmark at The Ranch**

When completed in spring 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 will be available, including independent and assisted living as well as early dementia support. In addition to the Clubhouse, a wide array of amenities will be available, such as a bistro, hair salon, computer center, library, walking trails and much more.

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