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ANGIE KIRK NAMED A-GAME DIRECTOR OF FITNESS

FRANKLIN, Tenn. – Fitness expert Angie Kirk has been named as director of fitness for Franklin-based A-Game, announced Trigg Wilkes, general manager for the 170,000-square-foot multi-sport destination center.

“We are proud to offer a facility with such diverse programs. The addition of Angie to our organization, along with her extensive experience in fitness and health club operations, differentiates A-Game and our fitness membership from others in the market,” says Wilkes. “Angie brings a new level of expertise that ensures our members will meet their fitness goals.”

As A-Game’s director of fitness, Kirk will oversee all programming and classes. The multi-sport facility has recently introduced its first ever membership starting at \$49 per month. Members have access to the facility’s full fitness center and indoor turf fitness lawn, a range of programs, as well as exclusive use of the facility’s ice-skating rinks, courts and Laser Chase.

“I was attracted to A-Game because of the commitment to provide the best possible programs and facilities,” said Kirk. “When you add on the access to our other amenities, this is the most unique fitness membership opportunity in Middle Tennessee.

Kirk is a health and fitness professional with more than 30 years of experience and numerous certifications, including A.C.S.M. She has managed and operated health clubs for more than 25 years. Most recently, she worked at D1 Sports Training in Cool Springs, where she was head coach for the women’s executive program, an executive fitness coach and a personal trainer.

For more information, contact 615-656-5758 or visit www.GoAGame.com.

Located in Cool Springs, A-Game, formerly known as Southern Ice, is a 170,000-square-foot multi-sport training and destination facility. The facility features two ice rinks, hardwood courts for basketball, volleyball and other activities, a fitness center, Laser Chase and other sports and activities. A-Game is the home to elite travel teams, high-level recreation leagues and numerous high profile regional tournaments.

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