



NEWS RELEASE

FOR IMMEDIATE RELEASE

A Gym for the Community: Club 55

Vista Community Clinic (VCC) stayed open throughout the pandemic, never missing a day, but their associated fitness center, Club 55, had to close down to support social distancing and stay-at-home orders. Now that the county is back open and COVID-19 infection rates are down in a safe range, the clinic is excited to announce the gym is back to being open in Oceanside.

The main focus of Club 55 is to offer a safe and inviting indoor exercise space for seniors 55 and older, but membership is open to all community members 18 years and older. For fitness, the gym provides treadmills, free weights and weight machines. Also available on the premises is long time Club 55 team member, Dale, who helps guests learn how to use equipment properly and get the best workout for their health goals. Information on healthcare access and free distribution resources keep members connected to health with VCC and local support programs. A yearly membership costs \$65 for adults and just \$55 for seniors and those with qualifying incomes.

Located at 448 Country Club Lane in Oceanside, Club 55 is open Monday through Friday from 7 a.m. to 11 a.m. and 11:30 a.m. to 2 p.m. To keep members healthy and safe, club use is currently based on appointments only. Keeping members safe from exposure by limiting capacity will stay in place for the time being as the county continues to see COVID rates decline. Questions, member requests, and appointments can be made by contacting Program Manager Herminia Ledesma at 760-631-5000 ext. 7206.

About Vista Community Clinic

With nine state-of-the-art locations in North San Diego, Orange and Riverside Counties, VCC provides affordable, high quality health care to more than 70,000 community residents. Services offered by VCC include primary care, pediatrics, prenatal and women's health, optometry, chiropractic care, dental health, podiatry, acupuncture and behavioral health services. VCC also offers a wide array of community health education programs which are free and open to all community residents. VCC is recognized by the National Committee for Quality Assurance (NCQA) as a Level 3 (highest) Patient-Centered Medical Home, and is the recipient of the HRSA National Quality Leader Seal for exceeding national clinical quality benchmarks. For more information call 760.631.5000 or visit www.vcc.org.

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