



City of Hanford Press Release



FOR IMMEDIATE RELEASE

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City of Hanford Partners with Fitness Court Ambassador for Free Weekly Workouts at Hidden Valley Park

Hanford resident Ashelynn Hanold is eager to inspire others with her love of fitness

HANFORD, CA – In its ongoing effort to create healthy and active communities, the City of Hanford's Parks and Community Services Department has announced a new series of weekly workouts at its outdoor Fitness Court, located at Hidden Valley Park.

The free workouts will be hosted by Ashelynn Hanold, a Hanford resident and certified Fitness Court Ambassador. The National Fitness Campaign developed the Fitness Court in 2012 and aims to bring free fitness to 1,000 cities by 2024. Hanford's Fitness Court opened less than a year ago on the northeast corner of Hidden Valley Park, near the intersection of Cortner Street and 11th Avenue.

“Whether you are new to exercise or an experienced gym enthusiast, you will be able to achieve an excellent workout at the Fitness Court,” Hanold said. “The Fitness Court can look intimidating, but if you just have one person that can show you how to use it, it's not as scary as it looks.”

Hanold, a native of Tampa, Florida, served as a U.S. Navy nurse and officer for five years, including an assignment at Naval Air Station Lemoore. Ashelynn's interest in fitness and healthy living started early in life, and her background as a nurse and her ongoing education to become a Family Nurse Practitioner make her a valuable resource for anyone who wants to work out at the Fitness Court.

The Fitness Court at Hidden Valley Park is an open-air wellness center that allows users to leverage their body weight to get a complete workout. Created with adults of all ages in mind, the Fitness Court is adaptable for all fitness levels. New users can also download the free Fitness Court App - a coach-in-your-pocket style platform - that transforms the outdoor gym into a digitally supported wellness ecosystem. The "Fitness Court" app is available for iOS and Android.

“Workouts are always more fun in groups of people,” Hanold said. “I’m really excited to show anybody how to work out here.”

Learn more about Ashelynnne and the Fitness Court in this brief [video](#).

Event Details

WHERE: Fitness Court at Hidden Valley Park (2150 N. 11th Avenue, Hanford)

WHEN: Every Saturday, starting March 11, 9 – 10 a.m

Rain or shine