

FOR IMMEDIATE RELEASE

Healthy Blue Kansas, Spring Hill Recreation, City of Spring Hill and National Fitness Campaign Make Fitness Free for Everyone in Spring Hill

State-of-the-Art Outdoor Fitness Court® Studio Coming to Friendship Park



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(SPRING HILL, KS – Sept. 23, 2024) — [Healthy Blue Kansas](#), [Spring Hill Recreation Commission](#), [City of Spring Hill](#) and [National Fitness Campaign](#) (NFC) today announced a partnership to bring an outdoor Fitness Court® Studio to Friendship Park. The Fitness Court Studio, located at 401 N Madison Street will open on **September 25th at 5 p.m.** with a ribbon-cutting ceremony.

This Fitness Court Studio was developed by Healthy Blue Kansas, Spring Hill Recreation, City of Spring Hill and NFC to expand free access to high quality workouts and create equitable access to exercise for communities around the state. The Fitness Court Studio delivers the powerful seven-minute full body workout on one side and a versatile outdoor class area for enjoying yoga, Zumba, Pilates and other popular group wellness activities on the opposite side.

Created with people aged 14 and over and with all abilities in mind, the workouts are adaptable for all fitness levels, allowing participants to move at their own pace. Users also may download the free [Fitness Court App](#) which acts as a coach-in-your-pocket and enhances the outdoor gym into a digitally supported wellness experience.

“Healthy Blue Kansas is proud to fund the Fitness Court Studio to offer a free space for residents in the Spring Hill area to help support their goals of achieving a healthier and better quality of life,” said Bryan Baier, president of Healthy Blue Kansas.

“We’re excited to introduce the first Fitness Court Studio in the county! This unique facility not only enhances the offerings of the Spring Hill Recreation Commission but also provides our residents with another free resource to stay active. It’s a great step forward for our community

in promoting health and wellness, and we look forward to seeing everyone enjoy this innovative space,” says Spring Hill Mayor Joe Berkey.

“National Fitness Campaign is proud to welcome the City of Spring Hill to the campaign as a leader in Kansas, championing health and wellness for their residents,” said Mitch Menaged, founder of National Fitness Campaign. “The addition of the Fitness Court Studio, along with digital wellness programming, demonstrates a tremendous commitment to the health and wellbeing within the community.”

Residents are invited to attend the launch event on **September 25th at 5 p.m.** to try the Fitness Court Studio. For more information, visit [Spring Hill's City News Center](#).

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About Healthy Blue Kansas

[Healthy Blue Kansas](#) is a collaboration of Blue Cross and Blue Shield of Kansas, Blue Cross and Blue Shield of Kansas City (Blue KC) and Anthem Partnership Holding Company, LLC which was formed specifically to serve Medicaid enrollees. APHC has 30 years of Medicaid experience through its parent and affiliated companies. They serve more than 11 million Medicaid enrollees across 25 markets, including Medicaid members with specialized needs similar to those of the KanCare population. Their Medicaid expertise -- combined with the strong and longstanding provider relationships held by BCBSKS and Blue KC across all 105 counties -- would position Healthy Blue to infuse both innovation and accountability to the KanCare program if selected as a new managed care organization when the state conducts a procurement this year.

About City of Spring Hill

Spring Hill, located in the Kansas City metropolitan area, is one of Kansas' fastest-growing cities, nearly doubling in size since 2010. Known for its family-friendly atmosphere and strong traditions in festivals and community celebrations, the city is committed to economic development, ensuring essential services and amenities grow alongside its population. Spring Hill actively seeks new enterprises and investments, building a thriving hub for economic and community development. With well-maintained parks and expanding infrastructure, Spring Hill offers a high quality of life and is well-positioned for a bright future. For more information, visit [SpringHillKS.gov](#).

About Spring Hill Recreation

The Spring Hill Recreation Commission is dedicated to providing quality recreational and leisure programs for the community in collaboration with the City of Spring Hill and Unified School District #230. Offering a variety of opportunities for youth and adult sports, activities, and programs, the Commission promotes healthy lifestyles through fitness classes, cooking workshops, and community outings. Additionally, the Commission features a modern E-Sports arena on Main Street, providing a space for engagement and entertainment for all ages. For more information, visit [springhillrec.org](#).

About National Fitness Campaign

Founded in San Francisco in 1979, [National Fitness Campaign](#) is a wellness consulting firm that provides programs and services to cities, schools and sponsors. Our mission is to build healthy communities nationwide. The campaign delivers an integrated wellness initiative, centered around the Fitness Court® – the world's best outdoor gym. National Fitness Campaign welcomed its 500th healthy community in 2023, as it continues to grow the country's largest public-private partnership in support of wellness with the goal of building a Fitness Court® within a 10-minute bike ride of every American. Follow along with National Fitness Campaign at nationalfitnesscampaign.com or on [Instagram](#), [Facebook](#) and [LinkedIn](#).