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Samoset Resort Announces Completion of Health Club Locker Room Renovations

Rockport, ME – According to the little voice inside your head it is probably time to start thinking about rejoining a gym. If so, can you keep a secret? The Samoset Resort's recently completed renovations to its men's & women's health club locker rooms and indoor pool area have made their health club better than ever.

**“We are committed to providing our guests and health club members with a true wellness experience, uncompromised service and top of the line facilities which will inspire them to have a memorable and enjoyable stay whether for a week's stay or an afternoon workout”
Connie Russell, General Manager**

Locker Rooms

All of the electric, plumbing, and air systems have been replaced. The floors and wall have been completely retiled and painted. For your comfort, the floors are now fully equipped with radiant heat. The fluorescent lighting of old has been replaced with more modern recessed lighting and upscale fixtures. Each locker room now has it's own fully tiled hot steam sauna. The saunas are limited to the use of our members and guests who are 14 years of age or older. There are also four showers in each locker room. One shower in each locker room is now larger for handicapped accessibility. Two showers in each locker room have been equipped with shower towers with multiple body jets and rain shower heads.

New luxurious cherry mahogany lockers with crown molding have been installed as well as new grooming stations and towel receptacles.

Indoor Pool & Hot Tub

The indoor pool area has also been completely refinished. The pool roof panels were replaced with new. You will immediately notice a pleasant change in the atmosphere of the pool due to the natural light these new panels allow onto the pool deck. The chlorine systems for the pool and the hot tub have been replaced with saline. The saline pool water will feel softer on your skin and you will experience significantly less chlorine smell and little to no eye irritation compared to swimming in a chlorine pool. The entire pool deck has been retiled to match the tile in the locker rooms. New underwater colored pool light have been added as well as new on deck lighting. These new lights will allow us to set the mood for special occasions and create a more pleasant evening swimming atmosphere. The interior of the pool was stripped and repainted as well as the walls and steel beams allowing for a brighter, cleaner appearance. A handicap ramp has been installed for safer accessibility for all of our members and guests. In order to install the new ramp, one hot tub needed to be removed. The

remaining hot tub will be reserved for the enjoyment of members and guest 14 years of age and older. New teak chaise lounge chairs and metal sitting chairs have been added to the pool deck. For your comfort, each chaise and chair will be outfitted with a plush lounge or seat cushion for your comfort.

The Samoset will hold an open house of the health club, locker rooms and pool from 5 pm to 7 pm on October 25.