

FITNESS FIRST

Holston Hills Country Club in Knoxville, Tenn., adds a new, state-of-the-art fitness facility as part of a multi-million dollar-plus renovation, and is now offering its members personal training and a host of group fitness classes

KNOXVILLE, TENN. (July 25, 2016) — Storied Holston Hills Country Club in Knoxville has begun its million-dollar-plus renovations by club owner McConnell Golf. In addition to overseeing the complete renovation of a former dining room from the ground up, including new flooring, painting, lighting and equipment, McConnell Golf has installed something its members had previously not enjoyed — a brand-new, dedicated fitness center.

McConnell Golf installed state-of-the-art, Torque series equipment in the new Holston Hills fitness center, including a variety of machines such as leg extension and curl, along with Intenza Entertainment Bikes, treadmills, Octane stride elliptical and Octane XT-One. Rounding out the equipment are exercise mats, medicine and stability balls, resistance cables and foam rollers — all of which promote and support flexibility and non-impact strength routines.

Members currently are able to access the facility from 6:30 AM until 8 PM Tuesday through Sunday, and will soon be able to enter daily from 5 AM to 11 PM using a key fob — a small security device that comes with a built-in authentication.

“The new fitness facility is really nice,” said McConnell Golf Corporate Director of Member Activities & Wellness Natalie Clemens. “We have a good mix of equipment for everyone. I’ve received a lot of positive feedback and the members seem really excited about using the new facilities.”

A soft opening of the fitness room was held July 23. The celebration included raffles, a healthy lunch and more. Performance Training Inc., which is assisting with personal training and group fitness classes, conducted free Zumba, Kid Fit and Golf Fitness classes.

Holston Hills has also hired a new Activities Director, Katelyn Graham, who recently graduated from Christian Brothers University in Memphis, Tenn., where she played soccer and made the All Academic Gulf South Conference Team.

“Katelyn is very enthusiastic and has a background in marketing,” said Clemens. “She has great drive and is ready to jump right into this new position at HHCC. It is always refreshing to get some new and creative ideas into the event calendar. Katelyn did a really good job at the soft opening, and is going to be a great asset to the HHCC team.”

Along with the new fitness facility at Holston Hills, McConnell Golf — which owns a dozen 18-hole, private golf courses plus one nine-hole course around the southeast — is also renovating the fitness facilities at The Country Club of Asheville, Old North State Club in New London, N.C., and Providence Country Club in Charlotte, N.C.

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About McConnell Golf

With the recent additions Providence Country Club in Charlotte, NC and Holston Hills in Knoxville, TN, McConnell Golf (www.McConnellGolf.com) now owns 12 18-hole, private golf courses plus one nine-hole course around the southeast.

McConnell Golf's stable of clubs in North and South Carolina also includes Raleigh Country Club in Raleigh, NC, Sedgefield Country Club Ross Course and Dye Course in Greensboro, NC, TPC Wakefield Plantation in Raleigh, NC, Old North State Club in New London, NC, Treyburn Country Club in Durham, NC, Brook Valley Country Club in Greenville, NC, The Country Club of Asheville (NC), The Reserve Golf Club in Pawleys Island, SC, and Musgrove Mill Golf Club in Clinton, SC. McConnell Golf also operates the 27-hole public Raleigh Golf Association and manages the prestigious Grande Dunes Members Club and Ocean Club in Myrtle Beach for LStar Development.

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