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**THE LAB AT BELMAR OFFERS ART FITNESS TRAINING**  
*An Opportunity to Tone-Up Your Contemporary Art Muscles*

**LAKEWOOD, CO** (May 1, 2006)—The Lab at Belmar is offering a four-part workshop for people who want to develop their contemporary art muscles and grasp the basic skills necessary to appreciate even the most complex contemporary art. Limited to 60 participants, *Art Fitness Training* will utilize works of art by regional artists as a backdrop to teach easy-to-grasp principles and the art of careful examination.

“Many people are intimidated by art,” said Adam Lerner, Executive Director of The Lab at Belmar. “By providing them with some basic skills in a fun and interactive way, they will gain a greater appreciation of contemporary art.”

Taught by Lerner, *Art Fitness Training* promises to be both fun and educational. Lerner, who has been a Master Teacher of modern and contemporary art at the Denver Art Museum and curator of the Contemporary Museum in Baltimore, has brought many fun and innovative art programs to Belmar including the very popular art lecture series, *Mixed Taste* and *Mishugas*. The Lab is a non-profit institution dedicated to developing, presenting and disseminating creative research in contemporary art and thought.

Five personal trainers will assist Lerner. The 1-½ hour session will be divided into *warm up*, where the instructors will demonstrate how to look at art; *work out*, where break-out groups will practice looking at art and *cool down*, which is a question-and-answer session that also provides some tips.

Participants can elect to attend the four-part participatory workshop on Wednesday nights beginning at 6:30 p.m. on April 5 and 19 and May 3 and 17. Or they can attend Thursday night sessions on April 6 and 20 and May 4 and 18. The cost for the four-part series, which is being held at Belmar, is \$36 (\$24 for students). **Advance reservations are required by March 15** by calling 303-742-1520.

Belmar is a 104-acre, mixed-use development located at Wadsworth Boulevard and West Alameda Avenue in Lakewood. It serves as the downtown for the City of Lakewood. The \$750 million project is being developed through a public/private partnership between the City of Lakewood and Continuum Lakewood Development Company LLC. For more information, visit [www.belmarcolorado.com](http://www.belmarcolorado.com).

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