

## **NEWS RELEASE**

**FOR IMMEDIATE RELEASE** \_\_\_\_\_

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### **STABILITY BALL SCULPT AT EAST SUFFOLK RECREATION CENTER**

SUFFOLK, VA (April 6, 2016) *Stability Ball Sculpt* is a new fitness program being offered at the East Suffolk Recreation Center. This class will target your stabilizing muscles with various bodyweight exercises along with fun fitness equipment. A blend of strength training and flexibility makes this an efficient and fun moderate intensity level workout. Class size is limited, so be sure to reserve your spot today.

Classes will be held on Wednesdays at 4:45 p.m. to 5:45 p.m. until May 25, 2016 and are open to those 16 and older. The cost is \$20 for the 8-week session. Classes will be held in the gymnasium at the East Suffolk Recreation Center, 138 South 6th Street. The class hosts a maximum of 12 participants so those interested should register as soon as possible.

For more information regarding the *Stability Ball Sculpt* fitness program, contact (757) 514-4500. Online registration is also available at [www.suffolkva.us/parks/](http://www.suffolkva.us/parks/).

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