

NEWS RELEASE

FOR IMMEDIATE RELEASE _____

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ZUMBA CONTINUES AT EAST SUFFOLK RECREATION CENTER

SUFFOLK, VA (August 20, 2015) Are you tired of the same old exercise routine? If so, ditch that workout and join the Zumba party with Suffolk Parks & Recreation. Zumba combines high energy and motivating music that allows all participants to dance their way to fitness. Routines feature aerobic/fitness interval training movements with a combination of fast and slow rhythms that sculpt the body. Zumba training maximizes caloric output and fat burning for total body toning.

The classes are open to participants ages 16 and older and are scheduled for September 10th through October 15, 2015 on Thursdays from 6 p.m. to 7 p.m. Cost is \$30 for the entire 8 weeks or \$5 for drop-in class. Registration is available online at <http://www.suffolkva.us/parks/>. Classes will be held at the East Suffolk Recreation Center, 138 South 6th Street. Please bring water. The class hosts a maximum of 20 participants.

For more information regarding the *Zumba* fitness program, contact Mike Frickanisce at (757) 514-4504, (757) 514-4500, or mfrickanisce@suffolkva.us.

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