

NEWS RELEASE

FOR IMMEDIATE RELEASE

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GET UP AND GET OUT

SUFFOLK, VA (January 14, 2013) The Suffolk Parks & Recreation Department is set to offer three additional “Get Up and Get Out” sessions at the East Suffolk Recreation Center. This youth program takes place over a 5-week period, 3-days a week, and combines nutrition and physical activity guidance in order to teach children (ages 6-17) and their families the benefits of making healthy choices.

Each participant will receive a free 1-year membership to the East Suffolk Recreation Center. Participants 16 and over will receive an additional free 1-year Fitness Center membership.

Registration has begun and sessions begin January 22, February 25 and April 1, 2013. Classes will be held on Mondays from 5:30 p.m. to 6:30 p.m., as well as Tuesdays and Thursdays from 5 p.m. to 6 p.m. If you have any questions, please contact Mike Frickanisce, Fitness Specialist at (757) 514-4504.

The East Suffolk Recreation Center is located at 138 South 6th Street.

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