

NEWS RELEASE

FOR IMMEDIATE RELEASE

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MIXXEDFIT CONTINUES AT THE EAST SUFFOLK RECREATION CENTER

SUFFOLK, VIRGINIA (March 3, 2015) Looking for a way to break through that plateau or change up your stale fitness routine? Come try Suffolk Parks & Recreation's new MixedFit group exercise class. MixedFit is a dance fitness program blending explosive dance music and boot camp body toning.

This is not your typical dance group exercise. With a simple and easy to follow choreography, participants will be able to focus on working out instead of dance steps. If you can do movements like squats or jumping jacks, you will have a blast.

The classes are open to those 16 and older and are set from March 18th through May 8th on Wednesdays from 6 p.m. to 7 p.m. Classes will be held at the East Suffolk Recreation Center, 138 South 6th Street. The cost is \$30 for the entire 8 weeks or \$5 per drop-in class. Please bring water. The class hosts a maximum of 25 participants so be sure to register today.

For more information, contact Mike Frickanisce at (757) 514-4504, (757) 514-4500, or mfrickanisce@suffolkva.us.

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