



NEWS RELEASE

FOR IMMEDIATE RELEASE

September 26, 2017

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EAST SUFFOLK RECREATION CENTER FITNESS PROGRAMS

SUFFOLK, VA (September 26, 2017) The Suffolk Parks & Recreation East Suffolk Recreation Center is known for providing plenty of opportunities to get fit. East Suffolk Recreation Center is located at 138 South 6th Street.

CORE BLAST CLASS at East Suffolk Recreation Center

Are you still interested in achieving you're fitness and health goals for the New Year? Then come out and try our Core Blast fitness class at East Suffolk Recreation Center. Core Blast is a 30 minute conditioning class that focuses on increasing flexibility, improving cardio endurance and strengthening back and abdominal muscles.

It's not too late to come and join. Classes are open to all fitness level participants ages 16 and older and are scheduled through October 18, 2017 on Mondays and Wednesday at 9 a.m. to 9:30 a.m. The class is free with a fitness membership and has a \$4 walk-in fee. Some spaces are still available, so hurry in and reserve your spot!

H.I.I.T. TO BE FIT at East Suffolk Recreation Center

Have you reached a plateau in your current workout and looking for a change from your normal fitness routine? Well no look further! This full-body 30-minute class alternate between short bouts of high-cardio intervals and longer, slower intervals of recovery add a variety to your workout. High-intensity interval training (H.I.I.T.) helps in lowering body fat, increasing strength and endurance, as well as tones your body.

The H.I.I.T. to Be Fit class will be held every Monday and Wednesday from 5 p.m. to 5:30 p.m. through October 18, 2017. This program is \$20 per session and \$4 per class for drop-in participants. Registration is available online at www.suffolkva.us/parks/ or stop by the East Suffolk Recreation Center located at 138 South 6th Street.

PURELY PILATES at East Suffolk Recreation Center

Interested in relieving stress and tension from your body, but achieve a great abdominal workout all at the same time? If so, try this 30-minute full-body Purely Pilates class that will develop your core strength, flexibility, balance and stamina. Purely Pilates not only focuses on building overall stability and strength, but educates participants on breath awareness, body balancing and posture alignment.

We would like to invite all members ages 16 and older to join us every Wednesday and Friday through October 13, 2017 from 9:30 a.m. to 10 a.m. The class is FREE for fitness members and \$5 per class for non-fitness members. The class will be held in the fitness center at East Suffolk Recreation Center located at 138 South 6th Street.

ACTIVE ADULT AEROBICS CLASS at East Suffolk Recreation Center

Calling all Active Adult Seniors! Come join us and get healthy and fit at the East Suffolk Recreation Center with our Active Adult Aerobics class. This class focuses on floor aerobics which may help to increase your mobility, balance, strength, and flexibility. Instruction includes stretching, general conditioning, step aerobics and toning to help keep yourself in shape or to help get yourself back into condition. You can enjoy exercising at your own pace while socializing with others.

Join the session! Classes are held on Tuesdays and Thursdays from 10 a.m. to 11 a.m. Our sessions have already begun, but there are still some spaces open. Cost is \$12 per session. This class is a great way to maintain or start your healthy and fit lifestyle.

BOOT CAMP BLAST at East Suffolk Recreation Center

Are you ready to get in shape for 2017? Then come and tryout our *Boot Camp Blast* fitness class with Suffolk Parks & Recreation. This total body workout focuses on flexibility, strength and aerobic fitness and strength with variety and fun. This is a great way to challenge your regular fitness routine, achieve a full body workout and have fun. All fitness levels are welcome to join.

Classes will be held on Tuesday and Thursday mornings from 6:15 a.m. to 7:15 a.m. and is open to those 16 and older. The next session begins October 30 but you can still join this session now. This class is free with a fitness membership or drop-in cost of \$5. Classes will be held in the gymnasium at the East Suffolk Recreation Center, 138 South 6th Street. Participants are encouraged to bring water and a towel. Spaces are still open for this class, so those interested should register as soon as possible!

PUMP IT UP FITNESS at East Suffolk Recreation Center

Are you ready to lift? Come and join our six week total body weight-bearing class. Pump It Up Fitness is designed for all fitness levels and can improve body mechanics and lifting technique while toning, building and strengthening muscles.

Pump It Up Fitness will be held Tuesday and Thursday evenings from 5 p.m. to 5:30 p.m. through October 12, 2017 and is open to those 16 years and older. The next session begins October 24 and runs through December 5. However, there is still space available in this session. Classes are free with current fitness membership or drop-in cost of \$5 and are held at the East Suffolk Recreation Center, 138 South 6th Street. For more information regarding this program or to register, contact our Fitness Specialist at 757-514-4500.

YOUTH FITNESS BOOT CAMP at East Suffolk Recreation Center

Calling all kids and teens, it's time to get up and move! Come and join our high energy, fun-filled Youth Fitness Boot Camp class. We will be focusing on increasing overall health and fitness level of children ages 7 to 15 years old through body weight exercises, resistance bands, circuits, fitness games and so much more.

The Youth Fitness Boot Camp first session will be held on Tuesday and Thursdays through October 18, 2017 from 4:30 p.m. to 5 pm. The next session will be October 30th and will run through December 16th. The class is free with an annual youth membership and \$5 drop-in fee for non-members. Space is available on a first come, first served basis. For more information regarding the Youth Fitness Boot Camp, contact Octavia Morgan at 757-514-4500.

YOUNG AT HEART FITNESS at East Suffolk Recreation Center

Calling all older adults ages 50 and up! Come and join our 30 minute exercise class Young at Heart Fitness. Young at Heart Fitness is a total-body workout that focuses on improving coordination and balance for everyday tasks, increasing flexibility, joint stabilization and muscular strength.

Young At Heart Fitness will be held Monday and Fridays through October 20, 2017 from 11 a.m. to 11:30 a.m. This class is appropriate for all fitness levels and registration is free for Senior Recreation members or \$2 drop-in cost for non-members. Space is limited so register early.

FITNESS ASSESSMENTS & WORKOUT PLAN at East Suffolk Recreation Center and Whaleyville Community Center

Are you ready to make lifestyle changes and improve your health? Let us help you take your first step with a fitness assessment. Our fitness assessment will identify training needs, current fitness levels and personal health/wellness goals. After completing a fitness assessment, our staff can work with you to design a personalized exercise plan focusing on flexibility, balance, core, muscular strength and cardiorespiratory health. Our staff will guide you through your first exercise session on proper form, technique and body alignment.

Fitness Assessment and Workout plans are by appointment only and are held during opening hours at the East Suffolk Recreation Center or the Whaleyville Community Center. Both services are free with a current fitness membership.

SMALL GROUP PERSONAL TRAINING at East Suffolk Recreation Center

Participants who are looking for an effective workout that is designed to develop, challenge or advance your fitness skills and personal health goals this program is the perfect fit for you. Small group personal training is an emerging fitness trend that combines personalized instruction within a fun, motivating and interactive group setting. Get a free assessment and sign up with your friends/family for our training program.

Small group personal trainings are opened to fitness members 16 years and older. Our Certified Personal Trainers create programs that accommodate all fitness levels. Cost for the training is \$7 per hour for each group session with 2 to 6 members.

PERSONAL TRAINING at East Suffolk Recreation Center and Whaleyville Community Center

Do you have fitness goals and aren't sure how to reach them? Let our Certified Personal Fitness Trainers' develop a plan that will help you lose weight, gain strength, or simply be your motivation to accomplishing your goals.

Personal fitness training sessions are by appointment only and are held during facility hours. Participants must have a current fitness membership and be 16 years and older. Cost for our personal training session is only \$10 per hour or receive a discount with our personal training package of 10 one hour exercise sessions for only \$90. Sign-up today for your free assessment and personal training program designed to fit your health and wellness needs!

Registrations for all programs are available at East Suffolk Recreation Center or online at www.suffolkva.us/parks/. For more information regarding the Group Fitness classes and programs, contact Octavia Morgan at omorgan@suffolkva.us or (757) 514-4500.

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