

NEWS RELEASE

FOR IMMEDIATE RELEASE

October 31, 2017

Suffolk
VIRGINIA

It's a good time to be in Suffolk

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NOVEMBER FITNESS OFFERINGS AT EAST SUFFOLK RECREATION CENTER

SUFFOLK, VA (October 31, 2017) Suffolk Parks & Recreation is a valuable source for all types of recreation offerings at the East Suffolk Recreation Center located at 138 South 6th Street.

ADULT AND CHILD CPR/AED CERTIFICATION

It only takes a second for a life to change forever. Take the time to learn how to perform CPR and use an AED through a CPR/AED certification course offered by Suffolk Parks & Recreation. Gain the knowledge and skills necessary to help sustain life and minimize the consequences of sudden illness for adults and children as a result of breathing and cardiac emergencies.

Upon completion of the course, participants will receive a two year Red Cross Adult and Child CPR/AED certification. The cost for the course is \$30 per participant. Registration is available online at <http://www.suffolkva.us/parks/>. Classes will be held on Saturday, November 4, 2017 from 8 a.m. to 12 p.m. at the East Suffolk Recreation Center. For more information, contact our Fitness Specialist at (757) 514-4500.

CORE BLAST CLASS

Are you still interested in achieving your fitness and health goals for the New Year? Then come out and try our Core Blast fitness class at the 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 now through December 6, 2017 on Mondays and Wednesdays from 9 a.m. to 9:30 a.m. The class is free with a fitness membership, or has a \$4 walk-in fee. Some spaces are still available, so hurry in and reserve your spot!

PURELY PILATES

Interested in relieving stress and tension from your body, but want to 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, October 25th through December 15, 2017 at 9:30 a.m. to 10:00 a.m. The class is FREE for fitness members and \$5 per class for non-fitness members. Class will be held in the fitness center at the East Suffolk Recreation Center located at 138 South 6th Street.

ACTIVE ADULT AEROBICS CLASS

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

Ready to get yourself in shape just before the holidays? Then come and try out 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, now through December 5, 2017, from 6:15 a.m. to 7:15 a.m. and is open to those 16 and older. The 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. 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!

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., now through December 5, 2017 and is open to those 16 years and older. Classes are free with current fitness membership, or drop-in cost of \$5, and are held at the East Suffolk Recreation Center. For more information regarding this program or to register, contact our Fitness Specialist, 757-514-4500.

YOUTH FITNESS BOOT CAMP

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 will be held on Tuesday and Thursdays now through December 6, 2017 from 4:30 p.m. 5 p.m. Class is free with 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.

ZUMBA

Are you tired of the same old exercise routine? If so, ditch that workout and join the Zumba party! 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 fat burning for total body toning.

Zumba class will be held on Tuesday nights, November 7th through December 12, 2017 at 6 p.m. to 7 p.m. This program is \$20 per session and \$5 per class for drop-in participants. For information regarding our Zumba class, contact our Fitness Specialist at 757-514-4500.

YOUNG AT HEART FITNESS

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, now through December 8, 2017 at 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 Whaleyville Community Center. Both services are free with a current fitness membership.

SMALL GROUP PERSONAL TRAINING

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 and/or family for our training program.

Small group personal trainings are open to fitness members 16 years and older. Our Certified Personal Trainers create programs that accommodate all fitness levels. Costs 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 opening hours. Participants must have a current fitness membership and be 16 years and older. Costs for our personal training sessions are only \$10.00 per hour, or receive a discount with our personal training package of 10 one-hour exercise sessions for only \$90.00. So 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 the East Suffolk Recreation Center located at 138 South 6th Street, or online at <http://www.suffolkva.us/parks/>. For more information regarding the Group Fitness classes and programs, contact Fitness Specialist Octavia Morgan at omorgan@suffolkva.us or (757) 514-4500.

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