

NEWS RELEASE

FOR IMMEDIATE RELEASE

July 11, 2011



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Suffolk Parks & Recreation Offers ZumbAtomic

SUFFOLK, VA (July 11, 2011) Get excited about fitness at Creekside Recreation Center. ZumbAtomic is a fitness program that encourages kids to incorporate fitness into their lives through the introduction of music and movement.

Lil' Starz is for kids four to seven year of age. Classes will be held on Thursdays from now until August 16th from 10:00 a.m. until 10:30 a.m. For this age group, dance moves are broken down and repeated by an instructor to ensure that children are successful. A \$15 fee per child is required.

Big Starz is for kids eight to twelve years of age. The class will be held on Thursdays from now through August 16th from 10:45 until 11:45 a.m. In this age group of the class, moves are enhanced to prepare students for traditional Zumba. The fee for this class is \$20 per child.

Both Lil' & Big Starz ZumbAtomic classes are held at Creekside Recreation Center, located at 1000 Bennett's Creek Park Road, Suffolk, VA 23434.

For more information or to sign up, call Mike Fickanisce at (757) 514-4505.

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