

NEWS RELEASE

FOR IMMEDIATE RELEASE

July 26, 2011



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Party Yourself Into Shape!

SUFFOLK, VA (July 26, 2011) Join the party! Experience the fusion of an extreme workout with big fun. Sign up now for Zumba classes at the East Suffolk Recreation Center. Zumba offers maximum caloric output, fat burning, and total body toning.

Classes are on Thursdays, September 8th through October 27th from 6:30 p.m. to 7:30 p.m. A fee of \$25 is required for this 8 week class.

East Suffolk Recreation Center is located at 138 S. Sixth St. Call 757-514-4508 or email Ashley Green at agreen@suffolkva.us for more information.

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