

NEWS RELEASE

FOR IMMEDIATE RELEASE _____

January 10, 2012



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PERSONAL FITNESS TRAINING AT EAST SUFFOLK RECREATION CENTER

SUFFOLK, VA (January 10, 2012) Do you have fitness goals and aren't sure how to reach them? Lose weight, gain strength or simply get motivated? Whatever your goals, one of our personal fitness trainers at East Suffolk Recreation Center can help you reach them.

Receive a free fitness assessment and then sign up for training sessions based on a personal program designed around your goals and assessment results, all for only \$10.00 per hour. Or, receive a discount when you select a personal training package of 10 one-hour exercise sessions for only \$90.

Personal Fitness Training is available by appointment only and participants must be at least 16 years of age to participate.

For more information, contact Mike Frickanisce at (757) 514-4500.

East Suffolk Recreation Center is located at 138 South 6th Street.

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