

NEWS RELEASE

FOR IMMEDIATE RELEASE

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East Suffolk Recreation Center Offers Fitness Challenge to Members

SUFFOLK, VIRGINIA (April 27, 2011) East Suffolk Recreation Center members are being challenged to three months of fitness! From May 2-August 1, 2011, fitness center members can take part in this exciting challenge and receive prizes.

Prizes will be awarded based on a three-tiered system where the total number of workouts in a three-month period will determine the prize. Workouts will be conducted in the East Suffolk Recreation Center Fitness Room and will be tracked by Recreation Center Staff.

To participate in this challenge, membership to East Suffolk Recreation Center and a fitness center pass is needed. The fee for membership to East Suffolk is \$20 a year for adults 18 & up and \$5 a year for adults 55 and up. A fitness center pass is \$10 a month for adults 18 & up and \$5 a month for adults 55 & up.

East Suffolk Recreation Center is located at 138 S. Sixth Street, Suffolk, VA 23434. The hours of operation are Monday through Friday 6 a.m. until 8 p.m. and Saturday 6 a.m. until 12 p.m.

For more information call (757) 514-4500.

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