

NEWS RELEASE

FOR IMMEDIATE RELEASE

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Contact:

Debbie George
757.514.4106
757.374.1770

Zumba Comes to East Suffolk Recreation Center

SUFFOLK, VA (January 24, 2011) Get fit and have fun while learning the moves of the latest, high-energy fitness program. Zumba combines high energy footwork with motivating music, allowing all participants to dance away their worries. Routines feature aerobic and fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Zumba is being offered at East Suffolk Recreation Center Wednesdays, January 26 through March 16, 2011, from 6:30-7:30 p.m. Participants must be 18 years of age or older. The fee is \$25 for ESRC members and \$35 for non-members.

East Suffolk Recreation Center is located at 134 S. 6th Street, Suffolk, VA 23434.

For more information, call Mike Frickanisce at 757-514-4505.

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