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September 12, 2011

FOR IMMEDIATE RELEASE

CONTACT: Stacie VanKirk, CRC/RPAC Manager, at 232-3901 ext. 103

NEW FITNESS CLASS AT COMMUNITY RECREATION CENTER
Zumba Added to Schedule

The Community Recreation Center (CRC) is announcing the addition of Zumba to its fitness schedule.

Zumba classes are being offered Tuesdays at 12:00 Noon and Wednesdays at 5:30 p.m. Other classes available include Aero-Step, Cardio Tone, Chair Fun, Fusion Toning, Muscle Pump, Pilates, Step, Step Mix, and Yoga. Schedules are available at the Community Recreation Center, 144 Wilson Avenue. Classes are FREE to members of the CRC. Punch cards are available for purchase for those who are not members. Prices are \$30 for 10 punches or \$60 for 20 punches.

Call the Community Recreation Center at 232-3901 for more details.

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