

NEWS RELEASE

FOR IMMEDIATE RELEASE

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Contact:

Diana L. Klink
757.514.4104
757.359.1845

Tim Kelley
757.514.4103
757.871.3039

ZUMBA FITNESS CLASS

SUFFOLK, VA (September 10, 2012) Looking for a place where you can get in shape, dance and have fun all at the same time? Look no further, as the Creekside Recreation Center has the class for you...ZUMBA!

This Latin-inspired aerobics dance class has taken the nation by storm. It uses invigorating dance moves for an exciting workout. All fitness levels are welcomed.

ZUMBA will be held at Creekside Recreation Center, 1000 Bennett's Creek Park Road. Registration has begun and the classes will start on September 4, 2012, with sessions concluding on October 12. Classes will be held on Tuesday and Thursday, from 6:30-7:30 p.m. The cost is \$40 per session and \$5 per class.

For more information, contact LuKendra Banks at 757-514-7245.

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