FOR IMMEDIATE RELEASE

DATE: September 24, 2020

PHONE: (831) 646-3739

CONTACT: Lauri Ataide,
Group Exercise Coordinator

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FALL INTO FITNESS!
EXPANDING Outdoor and Virtual Group Exercise Classes at the Monterey Sports Center

DAY/TIME: 17 LIVE Classes & 3 Virtual Classes Monday through Friday from 7:00am to 1:30pm

FEE: $8 per LIVE Class/$32 Virtual 4-Class Session (virtual class registration available only as a 4-week session)

LOCATION: LIVE Classes on the Sun Deck at the Monterey Sports Center
301 East Franklin Street, (831) 646-3730

Beginning October 5, we are expanding our Outdoor Group Exercise Classes and registration is OPEN! Enjoy 17 weekly LIVE classes including BOSU, Zumba, Yoga, T'ai Chi/Qigong, Strength Training, Kettlebell, Pilates, Barre, Cycling, Step and Outdoor Bootcamp and 3 NEW virtual class options for Yoga and T'ai Chi/Qigong. Classes are open to the public and do not require membership. View the full schedule on our website. Registration is required from our website, www.monterey.org/sportscenter. For more information or details contact Lauri Ataide, Group Exercise Coordinator at ataide@monterey.org or (831) 646-3739. Please note, the Sports Center remains closed due to Governor Newsom's order.

NEWS RELEASE

Sponsored by:
Monterey Sports Center – Parks and Recreation Department
301 E. Franklin Street, Monterey, CA 93940
Phone: 831-646-3730 Fax: 831-372-2348
Website: https://www.monterey.org/sportscenter

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