



### NEWS RELEASE January 24, 2013

#### Free Girl's Fitness Classes Have Started

The City of Santa Maria Recreation and Parks Department is pleased to present girl's fitness. Teen girls in the 7<sup>th</sup> – 12<sup>th</sup> grades can bend, lift, and shake their way to a healthy lifestyle with three invigorating classes. Certified fitness expert Lisa May leads the following classes on Mondays, Wednesdays, and Fridays at the Abel Maldonado Community Youth Center, 600 S. McClelland Street:

|            |                   |                        |
|------------|-------------------|------------------------|
| Mondays    | Pilates           | 3:20 p.m. to 4:20 p.m. |
| Wednesdays | Strength Training | 3:30 p.m. to 4:30 p.m. |
| Fridays    | Zumba             | 5:00 p.m. to 6:00 p.m. |

All classes are free, and sign-ups take place at the youth center.

Questions may be directed to the Abel Maldonado Community Youth Center at (805) 925-0951 ext. 252.

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| <b>Department:</b>       | <b>Recreation and Parks Department</b>  |
| <b>Contact Person:</b>   | <b>Dennis Smitherman, Recreation Supervisor</b>   |
| <b>Telephone Number:</b> | <b>(805) 925-0951 ext. 263</b>  |
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