

FOR IMMEDIATE RELEASE

CITY OF PALMDALE

NEWS RELEASE

CONTACT: John Mlynar
PHONE: 661/267-5115
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Aqua Zumba Fitness Classes Coming to Palmdale

PALMDALE – Registration is open for the City of Palmdale’s Aqua Zumba fitness classes which will begin in Palmdale at the Palmdale Oasis Park pool, 3850 E. Ave. S in Palmdale.

Classes will be held on Mondays and Wednesdays, April 1 through 29 from 10:45 to 11:45 am. The cost is \$40. The instructor will be Lydia Maine.

“Aqua Zumba is an exhilarating, Latin-inspired calorie burning dance fitness party in the water,” said Recreation Coordinator Becky Errea. “Expect the same Zumba music and fun while using the water to absorb the impact. It’s a great way to burn calories, get fit and make friends.”

Participants should bring a towel and water bottle with them to class.

Registration is available online at www.cityofpalmdale.org/playpalmdale, at the recreation and culture office located at 38260 10th St. East in Palmdale, or by calling 661/267-5611.

For more information, visit www.cityofpalmdale.org or call 661/267-5611.

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Communications Department • 38300 Sierra Highway • Palmdale, CA 93550
www.cityofpalmdale.org