

FOR IMMEDIATE RELEASE

# CITY OF PALMDALE

## *NEWS RELEASE*

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### Champ and Cardio Kids Classes Offered

PALMDALE – The City of Palmdale’s recreation and culture department is offering “Champ and Cardio Kids,” a series of workout classes in June and July designed for youth ages 5 to 13.

Youngsters will be taught to work towards goals and gain self-confidence. Emphasis is placed on effort, diligence, fair play and teamwork. The classes combine cardio workouts with strength and flexibility.

Classes are available Wednesday from June 3 through July 22 from 5:40 to 6:40 pm at the Palmdale Oasis Recreation Center, 3850 E. Ave. S in Palmdale. The cost is \$49. The next session of classes begins on July 29.

Registration is available online at [www.cityofpalmdale.org/playpalmdale](http://www.cityofpalmdale.org/playpalmdale), at the recreation and culture office located at 38260 10<sup>th</sup> St. East in Palmdale Monday through Thursday from 10 am to 6 pm, or by calling 661/267-5611.

For more information, visit [www.cityofpalmdale.org](http://www.cityofpalmdale.org) or call 661/267-5611, Monday through Thursday from 7:30 am to 6 pm.

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