

FOR IMMEDIATE RELEASE

CITY OF PALMDALE

NEWS RELEASE

CONTACT: John Mlynar
PHONE: 661/267-5115
DATE: October 15, 2014

City of Palmdale Offers Ultimate Fitness Bootcamp

PALMDALE – The City of Palmdale’s recreation and culture department is offering a class titled “Mike Thompson’s Ultimate Bootcamp” that is designed to take participants to a new level of fitness and athleticism.

The first session begins on Nov. 4 and will be held each Tuesday and Thursday through Nov. 25, from 7:30 to 8:30 pm at the Marie Kerr Park Recreation Center, located at 2723 Rancho Vista Blvd. The class is designed for ages 18 and older and cost \$40.

“Ultimate Bootcamp’ is a unique, sports inspired training program,” said Palmdale Recreation Coordinator Becky Bartlett. “Led by instructor Mike Thompson, participants get the best of both worlds as they will use cardio and weights to obtain optimal muscled strength and endurance.”

Another session of “Ultimate Bootcamp” will be held Dec. 2 through Dec. 23.

For more information, or to register for classes, please call or visit the recreation and culture office at 38260 10th Street East, 661/267-5611, or visit us online at www.cityofpalmdale.org.

-30-

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