

FOR IMMEDIATE RELEASE

CITY OF PALMDALE

NEWS RELEASE

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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 session begins on May 6 and will be held on consecutive Wednesdays through May 27, from 7:30 to 8:30 pm at the Palmdale Oasis Park Recreation Center, 3850 E. Ave. S. The class is designed for ages 18 and older and costs \$20.

“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.”

Registration begins April 27. 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, Monday through Thursday from 7:30 am to 6 pm, or visit us online at www.cityofpalmdale.org/playpalmdale.

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