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CITY OF PALMDALE

NEWS RELEASE

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Registration Open for February Session of Zumba Fitness

PALMDALE – Registration is open for the City of Palmdale’s Zumba fitness classes which will begin in February at the Marie Kerr Park Recreation Center, 2723 Rancho Vista Blvd. and Palmdale Oasis Park Recreation Center, 3850 E. Ave. S in Palmdale.

Classes will be held on Mondays and Wednesdays, Feb. 2 through 25 from 9 to 10 am at Marie Kerr Park Recreation Center, and on Tuesdays and Thursdays, Feb. 3 through 26 from 6:30 to 7:30 pm at Palmdale Oasis Recreation Center. The cost is \$40. The instructor will be Lydia Maine.

“Zumba is an exhilarating, Latin-inspired calorie burning dance fitness party,” said Recreation Coordinator Becky Errea. “This class will provide an hour of fun movin’ and shakin’ and getting your sweat on! It’s a great way to get fit and make new 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. Zumba fitness classes will also be offered in March and April.

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

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