

FOR IMMEDIATE RELEASE

# CITY OF PALMDALE

## *NEWS RELEASE*

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### Zumba Gold & Gold Toning Classes Available

PALMDALE – The City of Palmdale is hosting Zumba Gold & Gold-toning classes beginning in March at the Marie Kerr Park Recreation Center, 2723 Rancho Vista Blvd. in Palmdale.

Classes will be held on Saturdays from March 7 through 28 from 9 to 10 am. The cost is \$20. The classes will be led by AFFA certified and Zumba licensed instructor B.B. Owen.

Participants should bring a towel and water bottle with them to class. It will feature chair and low impact Latin and international dances designed for senior health and fun. All fitness levels are welcome.

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, or by calling 661/267-5611. Zumba fitness classes will also be offered in April.

For more information, visit [www.cityofpalmdale.org](http://www.cityofpalmdale.org) or call 661/267-5611.

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