



PRESS RELEASE

FOR: IMMEDIATE RELEASE

DATE: Thursday, June 19, 2014

Water Aerobics for Adults Offered at Memorial Pool

ASHEBORO, NC – The Asheboro Cultural & Recreation Services department will offer water aerobics classes for adults throughout the summer months. Classes will be held on Mondays and Wednesdays at Memorial Pool from Noon to 1 p.m., starting on Monday, June 23.

Water aerobics classes will be taught by Lisa Park during the regularly scheduled “Adult Swim” hours. Admission to Memorial Pool is \$1 for adults with a valid Rec card, and \$1.75 for individuals without a Rec card. Seniors with Rec cards will be admitted to the pool for free.

Classes will consist of low-impact exercising, which helps to reduce the strain and stress on joints, muscles and bones. Water aerobics is great for conditioning and rehabilitating muscles in a fun and unique setting. Memorial Pool is handicapped accessible.

Classes will begin on Monday, June 23 and will continue the duration of the 2014 pool season. The last class will take place on Wednesday, August 6. For more information about water aerobics or any other offerings through the City of Asheboro Cultural & Recreation Services department, please call Latoya Price at (336) 626-1240, x5 or send emails to lprice@ci.asheboro.nc.us.

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(Reporters/Editors: Please call Leigh Anna Johnson at (336) 626-1201, x218 for questions.)