



FOR IMMEDIATE RELEASE

DATE: October 16, 2020

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CONTACT: Lauri Ataide,
Group Exercise Coordinator

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HOW YOU FEEL AT 70 DEPENDS ON WHAT YOU DO AT 30, 40 OR 50!
Providing Health and Wellness to our community at any age!
ADDING early morning, afternoon & evening
Outdoor Group Exercise Classes at the Monterey Sports Center

DAY/TIME: 21 Classes Monday through Friday

FEE: \$8 per Class

LOCATION: Classes on the Sun Deck at the Monterey Sports Center
301 East Franklin Street, (831) 646-3730

Beginning Tuesday, November 3, we are adding early morning, afternoon and evening Outdoor Group Exercise Classes for all (adult) ages and fitness levels! Registration is now OPEN! Choose from 21 weekly LIVE classes including BOSU, Zumba, Yoga Core, Yoga, Healthy Start, Functional Strength, Kettlebell, Pilates, Barre Sculpt, Cycling, Step and Bootcamp. Classes are open to the public and do not require membership. View the full schedule on our website. Advance registration and payment are required and can also be accessed from our website, www.montereycenter.org. For more information or details contact Lauri Ataide, Group Exercise Coordinator, at ataide@monterey.org or (831) 646-3739. Please note, the Sports Center remains closed due to Governor Newsom's order.

NEWS RELEASE

Sponsored by:
Monterey Sports Center – Parks and Recreation Department
301 E. Franklin Street, Monterey, CA 93940
Phone: 831-646-3730 Fax: 831-372-2348
Website: <https://www.monterey.org/sportscenter>

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