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January 5, 2012

FOR IMMEDIATE RELEASE

CONTACT: Stacie VanKirk, CRC/RPAC Manager, at 232-3901 ext. 103

2012 COMMUNITY RECREATION CENTER FITNESS SCHEDULE ANNOUNCED
Variety of Fitness Classes Offered

The Community Recreation Center (CRC) is announcing the release of their 2012 Fitness Schedule. Zumba classes are being offered Mondays and Wednesdays at 9:00 a.m. Saturday classes now available include Cardio Tone at 9:00 a.m. and Pio Blend Yoga at 10:00 a.m. Unique classes are also being offered, such as Beg Chi Chung on Wednesdays at 10:00 a.m. and Belly Dance on Thursdays at 6:30 p.m. In addition to the regularly scheduled Aquacise classes, additional classes are being offered on Tuesdays and Thursdays at 6:00 p.m.

Complete schedules are available online at www.pocatello.us/pr/guides/index.htm or at the Community Recreation Center located at 144 Wilson Avenue. Classes are FREE to members of the CRC. Punch cards are available for purchase for those who are not members. Prices are \$30.00 for 10 punches, \$60.00 for 20 punches, or individuals may pay the daily fee of \$5.00.

Call the Community Recreation Center at 232-3901 for more details.

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