

## **NEWS RELEASE**

**FOR IMMEDIATE RELEASE**

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January 10, 2012



**Contact:**

Diana L. Klink  
757.514.4104  
757.359.1845

Tim Kelley  
757.514.4103  
757.871.3039

### **BACK FROM THE HOLIDAYS BOOT CAMP BLAST**

SUFFOLK, VA (January 10, 2012) Blast off those holiday pounds with our eight-week "Back from the Holidays Boot Camp Blast" program. This medium-intensity workout stresses flexibility, strength, and cardiorespiratory fitness. The weekly Back from the Holidays Boot Camp Blast will be held on Tuesdays from January 17 until March 6, 2012, at the East Suffolk Recreation Center, in the gymnasium.

This program is \$20 per person and participants must be 16 years of age to participate.

For more information, contact Mike Frickanisce at (757) 514-4500.

East Suffolk Recreation Center is located at 138 South 6th Street.

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