



PRESS RELEASE

FOR IMMEDIATE RELEASE

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YMCA Zumba Classes Are A Fun Way To Get In Shape!

GREENVILLE, OH (February 1, 2008) – Are you looking for an effective but fun workout? Look no further than your local YMCA! The YMCA of Darke County offers Zumba, Latin inspired aerobics, at the Greenville and Versailles Facilities. This workout is guaranteed to get you on your feet, your hips moving, and your heart rate jumping. You do not need to be a dancer to enjoy this class. Zumba uses easy to follow routines inspired by salsa, cha-cha, meringue, and flamingo dances as well as a little hip hop and funk. You will have so much fun you will forget that you are working out! The YMCA offers certified instructors, great music, large classes, free babysitting for your children while you attend class, and, as always, a safe friendly atmosphere! The YMCA will be offering several FREE sessions of Zumba at the Greenville Facility. Classes will take place in the Youth Gym on Monday, February 18 and Wednesday, February 20 from 9:00-9:30 am.

New this Winter at the YMCA is Kids Zumba! This class is for boys and girls ages 7 to 12. Kids need at least 30 minutes of physical activity every day to stay healthy. Zumba is a fun and easy way to put a little play in their day! Your child will be having so much fun he/she won't know its exercise. Bring your kids to the YMCA Greenville Facility on Wednesday, February 20 from 4:15-4:45 pm for a FREE class.

Registration for Winter II classes begins Thursday, February 14. Classes will begin the week of February 25. For more information about Zumba or any of the other fitness classes that the YMCA has to offer, contact Darla Sutherland, Fitness Director, at 548-3777 or logon to our website at www.ymcadarkecounty.org.

The YMCA of Darke County is a non-profit membership association of over 5,800 members with facilities in Greenville and Versailles. The mission of the YMCA of Darke County is to develop the whole person – spirit, mind and body – through character development programs that reinforce Christian principles and that build strong kids, strong families and strong communities.

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