



# PRESS RELEASE

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**FOR IMMEDIATE RELEASE**

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

**GREENVILLE, OH** (August 1, 2007) – Are you looking for the hottest new workout? Look no further than your local YMCA! The YMCA of Darke County is offering 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! Registration for fall classes begins Thursday, August 16. Classes begin Tuesday, September 4. We have several classes to choose from. In Greenville, Cass Flory leads a Tuesday/Thursday class from 10:30-11:15 am or a Tuesday/Thursday class from 6:05-6:50 pm. In Versailles, Lynn Blakeley leads a Tuesday/Thursday class from 7:00-8:00 pm. The fall session lasts for seven weeks so this is great deal! 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.

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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