



Leisure Services Department

Press Release

For Immediate Release **5/12/09**

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Zumba In The Park- FREE Zumba Class Open to the Public

St George, Utah—It is a growing craze that numerous people love. It is an aerobic activity that anyone can love. It is ZUMBA!!! What is Zumba? This high energy exercise combines hypnotic musical rhythms and tantalizing moves to create a dynamic workout designed to be fun, low cost and easy!

The City of St. George Recreation Division's certified Zumba instructors are sharing their passion of Zumba to the whole community on Saturday, May 16 starting at 9:00 am at Worthen Park, 300 South 400 East. They are inviting the public, women and men, to come and learn the basic dance routines involved in Zumba. There will be FREE give-aways and prizes for participants.

The St. George Recreation Division is encouraging everyone to come out to the Zumba In The Park to learn the benefits of exercise, especially a program such as Zumba. Don't just wish you were fit and healthy- make it happen on Saturday, May 16th at Worthen Park!

For more information on the FREE Zumba class or a complete aerobic schedule call the St. George Recreation Center at 627-4560.