



NEWS RELEASE

FOR IMMEDIATE RELEASE

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Houston Parks and Recreation Department Invites Everyone to Get Aerobic During the Holidays

The Houston Parks and Recreation Department encourages all Houstonians to get physical for thirty minutes during their lunch hours. Beginning November 6, 2006, the Fonde Community Center will offer a thirty-minute aerobics class for anyone interested in limbering up and improving their muscle tone prior to the treat-filled holiday season. Exercise will begin at 12:15 p.m. and last until 12:45 on Mondays and Wednesdays through December 20, 2006. Fonde Community Center is located at 110 Sabine, in downtown Houston. Classes are open to everyone. Registration information can be found by calling the center at 713-226-4466.

Physical fitness is a must for all Houstonians, but many people find it hard to fit a regular aerobics workout into a busy schedule. The classes at the Fonde location will give downtown workers the opportunity to keep fit and still get in a bit of lunch before heading back to their desks.

"Our goal is to offer Houstonians a variety of opportunities to stay fit and active as they live their every day lives," said Joe Turner, Director of the Houston Parks and Recreation Department. "Aerobics during the lunch hour gives the downtown crowd a great alternative to trying to fit in a workout later in their busy day."

For additional information on the Houston Parks and Recreation Department or the Fonde Community Center, please call (713) 845-1135. Visit the Houston Parks and Recreation website at www.houstonparks.org.

