



**BREVARD** County  
Parks & Recreation Department  
South Area Parks Operations

**Public Information Release**

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FOR IMMEDIATE RELEASE  
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**New Fitness Programs Offered at South Beach Community Center**

MELBOURNE BEACH, Fla. – Brevard County Parks and Recreation is offering new fitness programs at South Beach Community Center, located at 500 Old Florida Trail in Melbourne Beach. Adults can enjoy a variety of fitness programs instructed by Patty Moore, including Fitness Fusion, Tone That Body and The Spartacus Class.

Fitness Fusion is personal training in a small group setting including cardio, resistance training, kettlebells, flexibility and strength training. One class each week will incorporate a bridge run at the Melbourne Causeway. Classes are held every Monday, Wednesday and Friday from 9:30 a.m. to 11:30 a.m. The fee is \$10 per class or \$120 for 12 classes.

Tone That Body is an exercise class that will tone all the major muscles using hand weights, exercise balls and mats. Classes are held every Tuesday and Thursday from 9:45 a.m. to 10:30 a.m. The fee is \$5 per class or \$25 for eight classes.

The Spartacus Class is a high intensity workout geared toward individuals who want to challenge muscles and send their fitness level soaring. This class is designed from intermediate to advanced for men and women. Circuit training involves dumbbells and kettlebells. Classes are held every Tuesday and Thursday from 6:15 p.m. to 7 p.m. The fee is \$5 per class or \$25 for 8 classes.

For more information or to pre-register, please call South Beach Community Center at 321-952-3210.

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