



BREVARD County
Parks & Recreation Department
South Area Parks Operations

Public Information Release

Andy Dimmig
Community Center Coordinator
(321) 952-3231
andy.dimmig@brevardparks.com

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Ted Whitlock Community Center Offers Low Impact Aerobics

PALM BAY, Fla. – Brevard County Parks and Recreation now offers low-impact aerobics and body toning classes on Tuesdays and Thursdays from 10 to 11 a.m. at the Ted Whitlock Community Center. The center is located inside Palm Bay Regional Park, 1951 Malabar Road NW, Palm Bay.

Participants move to the music through a variety of low-impact aerobic exercises focused on improving cardiovascular conditioning, and increasing range of movement, endurance, coordination, and muscular strength. The class utilizes resistance equipment including small balls, hand-held weights, elastic tubing, and thera-bands. This class is for adults of all ages and is perfect for seniors or anyone looking to get back into shape. The cost is \$4 per class or \$28 for eight classes.

Low Impact Aerobics & Tone is taught by Donna Caudill, certified Aerobics and Fitness Association of America (AFAA) instructor. To pre-register for the class or for more information, call Donna at (321)725-8173.

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