



BREVARD County
Parks & Recreation Department
South Area Parks Operations

Public Information Release

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Community Center Coordinator
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FOR IMMEDIATE RELEASE
August 3, 2010

Adult Boot Camp Fitness Class Offered in Viera

VIERA, Fla. – The Viera Regional Community Center is hosting an Adult Boot Camp fitness class beginning August 5. This class is held every Thursday from 6:30 a.m. to 7:30 a.m. on the Viera Park soccer fields at 2300 Judge Fran Jamieson Way, Viera.

Adult Boot Camp includes fun, high-energy, cardiovascular exercises and weight workouts. The fee is \$6 per class.

All activities are supervised by Brevard County Parks and Recreation staff at the Viera Regional Community Center. For more information, please call the Viera Regional Community Center at (321) 433-4891 or the instructor, Jackie Schmoll at (321)255-5840.

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