



BREVARD County
Parks & Recreation Department
South Area Parks Operations

Public Information Release

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FOR IMMEDIATE RELEASE
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**Ted Whitlock Community Center Offers Low Impact Aerobics
and Tone Classes**

PALM BAY, Fla. – Brevard County Parks and Recreation will offer low impact aerobics and body toning classes on Tuesday and Thursday mornings from 10 a.m. to 110 a.m. beginning August 10 at the Ted Whitlock Community Center. The center is located inside Palm Bay Regional Park, 1951 Malabar Road NW, Palm Bay.

Participants will have fun moving to music through a variety of low impact aerobic exercises geared towards improving cardiovascular conditioning, and increasing range of movement, endurance, coordination, and muscular strength. The class will utilize resistance equipment such as small balls, hand-held weights, elastic tubing and/or therabands. 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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