

FOR IMMEDIATE RELEASE

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JCC hosts Summer Fitness Fest, holds favorite fitness classes outdoors

LOUISVILLE, KY (May 13, 2015) – Summertime means two things: Getting fit and getting outdoors. The Jewish Community Center will combine both and add a big dose of fun during its **Summer Fitness Fest, 9:30 a.m. to 11:45 a.m. Sunday, June 7.**

“We wanted to offer something special for our members and guests that will allow them to come in early, get a good workout – outside – and try a new class that they may not normally try,” said Ron Peacock, JCC fitness director. “And they might win something for their efforts!”

The JCC will have five of its most popular fitness classes outside: Yoga, cycling, Your Own HIIT, Pilates and CXWorx. At the same time, there will be four popular aqua-fitness classes in our outdoor pool: Deep Water HIIT, Shallow Water HIIT, Water in Motion and Aqua Zumba. Participants will get a Fitness Fest Card that they will take to each class and get signed by the instructor. If they complete four of the 30-minute classes offered, they will be entered into a drawing in which they will be eligible to win a gift. Members could win a \$100 JCC Health and Wellness gift card, and guests can win two free months of membership.

All of the classes will be conducted outdoors on the JCC property for an extra dose of sunshine and fun. Yoga will be by the sparkling pool, and the cycling class will be in front of the building by Dutchmans Lane.

The Summer Fitness Fest is open to JCC members and their guests. Guest passes will be half-price (\$4 for adults 12 and older, \$2 for kids ages 3-12).

The normal JCC fitness schedule for that morning will be replaced with this special event.

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About the Jewish Community Center

Founded in 1890, the JCC is a human service agency committed to enhancing the quality of family life and promoting the physical, intellectual and spiritual wellness of the individual. It provides health-related activities, cultural and educational programs that serve the community at large, including populations at risk. Membership and services are offered to the Jewish and general community. Through its wide array of programs, the Center pursues its mission of strengthening the individual, family and community. The JCC is part of the Jewish Community of Louisville.

We can provide interviews with instructors and the fitness director.