

FOR IMMEDIATE RELEASE

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PUBLIC SERVICE ANNOUNCEMENT

CITY OF ALAMOGORDO

City of Alamogordo “Splash with Ben” – Aquatic Exercise Program

Alamogordo, NM Thursday, September 19, 2019 The Alamogordo Family Recreation Center (AFRC) is excited to announce the start of a new aquatic exercise program – “Splash with Ben”. Taught by local fitness expert Gordon Benton. “Splash with Ben” is a water based bootcamp style exercise class that is energetic, challenging and fun. The program will provide low-impact cardio, muscle toning and flexibility benefits. Open to all fitness and experience levels – beginner to advanced. Class takes place in the shallow area of the pool. No swimming skills necessary but participants should be comfortable in water.

PROGRAM INFORMATION

Location:	AFRC Pool (1100 Oregon Ave)
Days:	Mondays & Wednesdays
Time:	6 am – 7 am
Dates:	October 7 – November 20 (weather permitting)
Ages:	18 & Up
Program Fee:	\$4/ per class
Registration:	Drop-in class – no advance registration necessary

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Contact for this Release

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