

FOR IMMEDIATE RELEASE

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PUBLIC SERVICE ANNOUNCEMENT

CITY OF ALAMOGORDO

Alamogordo Family Recreation Center

New Fitness Classes - Walking with Ben! & Mat Pilates with Ben!

Alamogordo, NM Friday, August 27, 2021 The Alamogordo Family Recreation Center (AFRC) is excited to announce the addition of two new fitness classes that will be taught by local fitness expert Gordon Benton. The new classes will begin starting Tuesday, September 7th and Wednesday, September 8th. Participants may pre-register for classes one week prior to the class date to ensure a spot in the class, beginning next week, or can opt to drop-in the day of the class to participate if spots are still available. If you have any questions or issues regarding classes or registration please contact the AFRC at 575-49-39-4142 or afrc@alamogordo.nm.us.gov. Class information is below.

Mat Pilates with Ben! - Held Tuesdays & Thursdays at 9:30 am. This low-impact exercise class is challenging, fun, and focused on benefits such as muscle toning, core strength, flexibility, balance, and posture. Bring a yoga mat and your own water. Open to all fitness and experience levels.

Walking with Ben! - Held Mondays, Wednesdays and Fridays at 9:30 am. This outdoor program will introduce you to the fun and benefits of walking such as improved circulation, cardio fitness, stronger bones & muscles, improved sleep, better moods, and more. Wear comfortable layered clothing for class and bring your own water. Open to all fitness and experience levels.

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| Time (both classes): | 9:30 am - 10:30 am |
| Start Dates: | Mat Pilates with Ben - Tuesday, 9/7/2021 (<i>held Tue & Thu weekly</i>) Walking with Ben - Wednesday, 9/8/2021 (<i>held Mon, Wed & Fri weekly</i>) |
| Ages: | 18 & Up |
| Program Fee: | \$5 per class |
| Registration: | Pre-registration - available online, in-person or over the phone. Drop-in - day of class (<i>if there are spots still available</i>) |

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Contact for this Release

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