

**PRESS RELEASE
ISSUE DATE: FOR IMMEDIATE RELEASE**

FITNESS BOOT CAMP

Take your workout outdoors with the City of Arroyo Grande Recreation Division and Core In Action Bootcamp. All levels are welcome to join in these fun yet challenging workouts that include run/walk, agility training, upper and lower body conditioning, core work and stretching. Professional, certified "Core In Action" instructors will keep the workouts fun and exciting, and have over 45 years of teaching experience. CIA Bootcamp knows how to put the fun back into fitness! More information about Core In Action can be obtained at www.ciabootcamp.com

Bootcamps are open to people ages 13 to adult. Choose from two days per week or three days per week bootcamps. The three winter sessions run January 14 – 29; February 8 – 29; and March 15 – April 2. The cost is \$95 for the two-day per week camp, or \$120 for the three-day per week camp. Early registration is encouraged to be sure minimum enrollment is met. Register online at arroyogrande.org or in person at Arroyo Grande Recreation office at 1221 Ash Street. For more information call 473-5474.

**FOR ADDITIONAL INFORMATION, CONTACT:
JOHN ROGERS, RECREATION SUPERVISOR
RECREATION AND MAINTENANCE SERVICES DEPT.
(805) 473-5478
jrogers@arroyogrande.org**

/s/
**DOUG PERRIN, DIRECTOR OF
RECREATION & MAINTENANCE SERVICES**

Date: 1/8/10

**APPROVED: /s/ Steven Adams
STEVEN ADAMS
CITY MANAGER**