

FOR IMMEDIATE RELEASE

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New classes slated for Lee County's North Fort Myers Recreation Center

North Fort Myers, FL, Oct. 12, 2015 — Two new classes begin this month at the North Fort Myers Recreation Center, 2000 N. Recreation Park Way, North Fort Myers.

The Square Dancing class is a great way to have fun and stay active. Participants ages 10 and up will learn how to dance with a partner through course set music. All skill levels are welcome. Registration is \$16 for four classes. A one-time \$10 facility membership fee is required. Classes are held 3-5 p.m. each Monday beginning Oct. 19.

The Total Body Conditioning class is free with a one-time \$10 facility membership. This class is for ages 18 and up and is paid through the Lee County School Board. Please bring weights, resistance bands and mats for the class. Classes are held 5-6 p.m. Monday and Wednesday beginning this month.

For registration and more information call 239-533-7200 or visit www.leeparks.org.

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Note to media: Images available upon request. Contact Kristie Valone at Lee County Parks & Recreation, 239-533-7437 or kvalone@leegov.com.