

FOR IMMEDIATE RELEASE

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New fitness class slated for Lee County's Veterans Park Recreation Center

Fort Myers, FL, Oct. 8, 2015 — A new fitness class is slated to begin this fall at the Veterans Park Recreation Center, 55 Homestead Road South, Lehigh Acres.

The Sit And Be Fit class is geared to those who suffer from bad knees, hips or backs. Most of the exercises will be performed in a chair with light weights. This class is suitable for all adults regardless of physical abilities. Bring a water bottle and wear comfortable clothing and tennis shoes. Registration is \$20 for four classes or a \$5 drop-in fee per class. A one-time \$10 facility membership fee is required. Classes are held from 9-10 a.m. each Friday beginning this month.

For registration and more information call 239-369-1521 or visit www.leeparks.org. For more Sit And Be Fit information call 239-470-6348.

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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.