



FORSYTHCOUNTY
Department of Communications
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FOR IMMEDIATE RELEASE

FORSYTH COUNTY PARKS AND RECREATION
OFFERING NEW FITNESS PROGRAM IN 2015

Registration begins December 15 for month-long fitness challenge

FORSYTHCOUNTY, Georgia – Start your year off by participating in Forsyth County Parks and Recreation’s Get Fit in ‘15 fitness challenge. This new program provides participants ages 18+ with 15 at-home 15-minute workouts, weekly challenges, weekly educational articles and a one-month FitPlus pass providing access to all fitness classes on the pass class schedule as well as access to the cardio/weight rooms at the county’s three recreation centers.

The registration fee for Get Fit in ‘15 is \$20.15. Registration begins December 15 and will continue until the program begins January 15. Registrations will be taken at the county’s three recreation centers located at Fowler Park, Central Park and Old Atlanta Park Monday through Friday from 8:30 a.m. to 5 p.m. Registrations will also be accepted beginning December 15 via fax, mail and online at www.forsythco.com/parks.

To kick off the program, weigh-in sessions will be held on January 15 from noon to 1 p.m. or from 5 to 6 p.m. at all three of the county’s recreation centers. The program will culminate with weigh-out sessions February 16 from noon to 1 p.m. or from 5 to 6 p.m. A prize will be presented to the male and female with the highest percentage of weight loss during the program. Participants must be able to attend one of the weigh-in and weigh-out sessions to be eligible for prizes.

Fowler Park is located at 4110 Carolene Way. Central Park is located at 2300 Keith Bridge Road. Old Atlanta Park is located at 810 Nichols Road. For more information, call Forsyth County Parks and Recreation at 770.781.2215 or visit www.forsythco.com/parks.

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