



FOR IMMEDIATE RELEASE

**FORSYTH COUNTY PARKS AND RECREATION
OFFERS FITNESS CHALLENGE THIS WINTER**

Forsyth County, Georgia – Looking for a way to get fit or stay fit this winter? If so, consider taking part in Forsyth County Parks and Recreation's 1-month Get Fit Forsyth program. The program is open to ages 18 and up, and participants will receive a 1-month FitPlus pass to Forsyth County's recreation centers as well as weekly challenges and encouragement. Registration is underway now at the recreation centers, continuing through January 19. The program will take place January 19 – February 19.

As part of the FitPlus pass, participants will have access to basketball gyms, walking tracks, cardio-weight rooms and fitness classes at the county's three recreation centers.

Prizes will be awarded to the male and female with the highest participation based on a points system. Participants must be able to attend one of the weigh-in and weigh-out times to be eligible for prizes. Registration and weighing will take place at the Central Park, Fowler Park and Old Atlanta Park recreation centers. For more information, please call (770) 205-4646.

Get Fit Forsyth:

Ages: 18 and up

Registration Dates: December 1 - January 19

Program Dates: January 19 - February 19

Weigh in: January 19, noon - 1 p.m. or 5 - 6 p.m.

Weigh out: February 19, noon - 1 p.m. or 5 - 6 p.m.

Activity # 142825-A

Fee: \$25 for county residents/\$30 for out of county residents

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