



# CITY AND BOROUGH OF SITKA

*A COAST GUARD CITY*

## **PUBLIC SERVICE ANNOUNCEMENT**

October 16, 2023

Zumba Fitness Registration Open October 15

The City and Borough of Sitka Parks and Recreation, in coordination with the Swan Lake Senior Center, will open registration for Zumba Fitness classes October 15 online at [www.recreationatcityofsitka.com](http://www.recreationatcityofsitka.com) or by contacting Parks and Recreation.

Zumba Fitness is a full-body workout designed for any skill level. This lower impact class combines balance, breathing, flexibility, light cardio, and stretching while building muscle memory. Ages 55 and up. The class is led by certified Zumba instructor Kate DesRosiers.

Zumba Fitness is held at Swan Lake Senior Center, 402 Lake Street. The class will meet Mondays 1:30 p.m. to 2:30 p.m. for six weeks beginning October 23. Classes are \$25.

For more information or to register, please contact Parks and Recreation by emailing [recreation@cityofsitka.org](mailto:recreation@cityofsitka.org) or by calling 907.747.4031.

Publish: October 16 - 23