



We are the best part of a member's day, every day.

News Release

Teachers and Department of Education Employees Have Class at Harbor Fitness

For Immediate Release - November 2007 – To show our appreciation to those who have dedicated themselves to educating our young people, Harbor Fitness is hosting a Teacher Appreciation Day on Wednesday, November 28th.

Teachers and Department of Education Employees are invited to use either of our two fitness facilities all day for free! Special gifts and refreshments will be given out, and we will offer two evening yoga classes especially designed to reduce stress. All fitness levels are welcome to attend these classes, (Park Slope location 7:30-9:00pm and Bay Ridge 6:30-7:30pm) and they are also welcome to try any of our other group fitness classes that day.

For more information and a complete fitness schedule you can visit our website at www.harborfitness.com or call or visit our locations: Harbor Fitness Bay Ridge 9215 Fourth Avenue, 718-238-9400 or Harbor Fitness Park Slope 191 15th street between 4th and 5th avenues 718-965-6200.

Editorial inquiries only please contact Jodi Heywood, 917-56-3717 or email wpcsinc@aol.com

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