



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

## News Release

### **There's a Whole Lotta Shaking Going on at Harbor Fitness!**

**For Immediate Release—October, 2007.** Women and men in Brooklyn are now dancing their way to fitness in the hottest class in the industry today—Zumba! Thursday night is Zumba night in Bay Ridge from 6:30-7:30pm. Packed classes move and sweat in this latin-inspired class to heart-pumping music, and easy to follow dance moves. Described as a “hot dance party”, people of all fitness levels are getting fit, and having fun doing it.

Zumba began in Columbia, and has fast become a fitness sensation throughout the United States. Zumba classes are done to a fusion of latin and international music, and is based on the concept of interval training, combining dance with body sculpting moves to work the whole body. “Zumba makes you feel good and meet your fitness goals. The class is so much fun, members keep coming back!” says Jodi Heywood, Harbor's Group Fitness Manager.

With locations that are open 24 hours in Bay Ridge and Park Slope. Brooklyn, Harbor Fitness offers a wide variety of group fitness classes such as spinning, kickboxing, yoga and pilates. Both locations offer free child care and the latest in cardio and strength training equipment.

To try a Zumba class or for more information about our programs contact Harbor Fitness at 9215 Fourth Avenue in Bay Ridge, Brooklyn, 718-238-9400, or visit us on the web at [www.harborfitness.com](http://www.harborfitness.com)

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