



PARKS AND RECREATION

PRESS RELEASE

FOR IMMEDIATE RELEASE

Ingleside Pool Water Fitness Class
Water Fitness Available in July

ATHENS, TENNESSEE – June 23, 2021 – The City of Athens Parks and Recreation Department announces the registration opening of the Ingleside Pool Water Fitness classes beginning on July 6. Classes will be on Tuesdays and Thursdays at 10:00 am from July 6 through July 29. Registration is available online for \$40 for all 8 classes.

This water fitness class will be an entire body workout using water resistance and weights. This class is accommodable for all skill levels. Water Fitness is a low impact way to burn calories, build muscle, improve flexibility, and have some fun.

“Water fitness classes are great for all skill levels as it easy on joints and strengthens muscles that one might not get from land-based workouts,” stated Brianna Baker, Program Coordinator.

The City of Athens is a full-service municipality nestled in the foothills of the Great Smoky Mountains and has garnered a reputation as the “Friendly City.”

For more information, please contact the Office of Parks & Recreation at (423) 744-2700 EXT 3, email the department at recreation@athenstn.gov, or visit the website at athenstn.gov/parks.

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