



city of  
**bristol**

## News Release

FOR IMMEDIATE RELEASE  
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CONTACT: Becky Olinger  
Parks & Recreation  
Phone: 423-764-4006  
E-Mail: [bolinger@bristoltn.org](mailto:bolinger@bristoltn.org)

### **Parks and Recreation announces the spring line-up of classes**

Even with Mother Nature seeming to be caught up in her own little frenzy of ‘its winter, no its spring, no its winter’ the City of Bristol is moving forward with its exciting spring programming line-up.

There are a number of classes being offered this year for both youth and adults. Classes are held at the Slater Center, 325 McDowell Street Bristol, TN. One of the most requested classes for this time of year is the, “Cardio PiYo Circuit Mix”. This class is offered on Tuesdays and Thursdays at 6:15 PM, and it begins on March 7. It combines cardio, strength, sculpting, balance and Pilates to give you a workout that is complete and well balanced. It is open to all fitness levels. The cost of the class is \$30.00 for 8 weeks. Some may prefer the “weights and more” class which is offered on Monday evenings at 5:15 PM. The cost of this class is \$40.00 for 6 weeks, and it begins on March 13.

For those interested in low impact exercise, the City is offering Yoga on Tuesdays at 6:16 PM beginning February 28<sup>th</sup>. The cost is \$50.00 for 8 weeks and is great for all fitness levels. “Gentle Flow Restorative Yoga” will be offered on Mondays at 6 PM beginning February 27. The cost of this class is \$40.00 for 6 weeks.

Classes are open to individuals 16 years and older. Pre-registration is required for evening classes. Register at the Parks and Recreation Office during regular business hours of 8AM-5PM, Monday through Friday located at 325 McDowell Street. Pre-registration may also be completed online at [bristoltn.recdesk.com](http://bristoltn.recdesk.com).

For additional information on classes and events please contact Becky Olinger at 423-764-4006 or [bolinger@bristoltn.org](mailto:bolinger@bristoltn.org) .