



Northwest Iowa
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NEWS RELEASE

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NORTHWEST IOWA LIFELONG LEARNING AND RECREATION CENTER OFFERS FREE CLASSES & PINKATHON ZUMBA EVENT

The Northwest Iowa Lifelong Learning and Recreation Center (LLRC) located on the east side of the Northwest Iowa Community College (NCC) campus will be offering FREE Group Fitness classes the week of October 29. This week of free classes is an excellent way to get to know our instructors, learn more about the classes, and get some great workouts in.

FREE GROUP FITNESS CLASSES

October 29-November 1

Monday, October 29	Yoga	5:15 PM
	Water Aerobics	5:30 PM
	High Intensity Interval Training (HIIT)	6:30 PM
Tuesday, October 30	Power Pump	5:30 PM
	Tai Chi	6:30 PM
Wednesday, October 31	PINKATHON Zumba Event**	5:30 PM
	Pilates	6:30 PM
Thursday, November 1	Yoga	12:00 NOON
	Kettlebells	4:30 PM
	Strength Training	5:30 PM

Let's paint the gym pink for a fun-filled Zumba night at the LLRC! October is Breast Cancer Awareness Month and the NCC Relay for Life Team wants you to join them for our PINKATHON Zumba Event at the LLRC on Wednesday, October 31 at 5:30 pm.

Admission to this Zumba class will be \$5.00, and all proceeds will go to the American Cancer Society, through the NCC Relay for Life team. The one-hour Zumba event will be led by our two Zumba instructors and include both Zumba and Zumba Gold moves – there will be something for every person and every level – no dance experience is required!

Please join us for a great workout, a fun night and a good cause!

There is no pre-registration required for our free classes and everyone is welcome.

For class descriptions and more information please visit www.nwicc.edu/recreation-center.