



FAIRFAX COUNTY PARK AUTHORITY



12055 Government Center Parkway, Suite 927 • Fairfax, VA 22035-5500
703-324-8700 • Fax: 703-324-3974 • www.fairfaxcounty.gov/parks

Information Release

Judy Pedersen, PIO

E-mail: parkmail@fairfaxcounty.gov

Inquiries: 703-324-8662

November 10, 2016

PSA-251

Feel the Burn with a Thanksgiving Workout at South Run RECenter

Don't let the holidays threaten your waistline! Work off those Thanksgiving calories at the Turkey Burn at South Run RECenter on Thanksgiving Day, Thursday, November 24, and Friday, November 25, 2016.

From 7 to 11 a.m. both days, the RECenter will be offering a cornucopia of fitness classes on a first-come, first-serve basis. Take half-hour classes in zumba, cycle, step, Body Pump, core and more.

This Thanksgiving event is designed for young teens to adults. No registration is necessary. Just pay the daily admission or bring your RECenter pass.

South Run RECenter is located at 7550 Reservation Dr., Springfield, VA. For more information, call 703-866-0566 or visit <http://www.fairfaxcounty.gov/parks/rec/southern/>.

###



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354.