



CITY OF DURHAM
Durham Parks and Recreation
101 CITY HALL PLAZA
DURHAM, NC 27701

Public Service Announcement

Parks and Recreation Department



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Play More, Get Fit and Stay Healthy with Durham Parks and Recreation

New Year, New You Fitness Program Held on January 9-15, 2017

DURHAM, NC - On January 9-15, residents can Play More, get fit and stay healthy with Durham Parks and Recreation during the New Year, New You Fitness Program.

To kick off the New Year, Durham Parks and Recreation will provide a host of free classes for participants to include a series of land and water aerobics classes, martial arts, open gym and swim, dance classes, racquet sports and more!

On January 13, from 6:30 p.m. – 8:30 p.m., there will be a Fitness Explosion at Edison Johnson Recreation Center (500 W. Murray Ave). The activities will include Zumba, Yoga, Tai Chi, Dance Fusion, Spin and more!

Click [here](#) for a detailed list of activities, visit www.DPRPlayMore.org or call 919-560-4355.

About Durham Parks and Recreation

Durham Parks and Recreation provides opportunities for the Durham community to Play More by connecting our whole community to wellness, the outdoors, and lifelong learning. To learn more about Durham Parks and Recreation, visit us [online](#), follow us on [Facebook](#), [Twitter](#), and [Instagram](#), or call (919) 560-4355.