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CONTACT: Marcheta Strunk, Public Relations Manager, 623-930-2822

GLENDALE OFFERS MORE THAN 65 DIFFERENT ADULT CLASSES FOR A VARIETY OF INTERESTS

Glendale, Ariz. — With more than 65 classes offered in Glendale, there is no excuse not to start that wellness program, learn to cook, learn a new language, play the guitar, create art, explore digital photos, play on the computer or dance like a star.

Glendale has special interest activities and classes that appeal to a wide range of ages for both men and women in the areas of sports and fitness, dance, culinary arts, personal development, cultural arts, music and languages. Classes in sports and fitness include golf, indoor cycling, running, yoga and fitness training classes such as Turbo Kick and Jump Start Fitness. Dance classes include belly dance, Latin, ballroom, Zumba and Salsa. In the culinary arts classes, learn to cook foods for tailgate parties, soups, for diabetics, holiday cupcakes and Mexican tamales. Learn CPR and first aid, digital photography, organic gardening, creative writing and more in person development classes. Oil painting, pottery wheel throwing, drawing, French and Italian are offered in the cultural arts and language classes. Music classes include singing, guitar and piano.

Most classes are held at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr. and begin in September. Class times, dates and prices vary.

For detailed information, visit www.glendaleaz.com/parksandrecreation and click on the Activities Guide link or pick up a hard copy of the guide at Glendale's libraries or recreation centers.

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