



City of Tustin

City of Tustin
300 Centennial Way
Tustin, CA 92780

1/3/2017

FOR IMMEDIATE RELEASE

PRESS RELEASE 010316

Subject: Tustin Area Senior Center Fitness Awareness Week
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The City of Tustin Parks and Recreation Department is hosting the 16th Annual Tustin Area Senior Center Fitness Awareness Week starting on Monday, January 9 - January 13, 2017, at the Tustin Area Senior Center located at 200 South "C" Street, Tustin.

An activity is scheduled each day during this week. All participants will be given a "Passport to Fitness," which will be stamped at the end of each completed activity. Each stamp qualifies as a raffle entry and numerous stamps increase chances of winning.

Fitness Week is a free event sponsored by the Tustin Area Senior Center and UC Irvine Health. This year, each participant will receive a free t-shirt. The Fitness Awareness Week is scheduled is as follows:

Monday, January 9

10:30 a.m.-11:30 a.m. - Assess Your Physical Fitness Level

Tuesday, January 10

9:30 a.m.-10:30 a.m. - Walk with the Doc

10:45 a.m.-11:30 a.m. - Seminar: Physical Fitness

Wednesday, January 11

9:00 a.m.-12:00 p.m. - Carotid Artery & Blood Pressure Screenings

Thursday, January 12

10:00 a.m.-11:00 a.m. - Senior Stretch Class

Friday, January 13

10:00 a.m.-10:45 a.m. - Chair Exercise, Review Fitness

10:45 a.m.-11:30 a.m. - Opportunity Drawing

For more information, contact the Senior Center at (714) 573-3340.

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