

For Immediate Release
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R.C. Durr YMCA To Host Holiday Zumbathon, Benefitting Area Families In Need

It's heading toward the beginning of December, and that can only mean one thing – it's time to get those hips moving and have some fun! The R.C. Durr YMCA is gearing up for its annual ZUMBATHON, two hours of the Latin rhythmic dance exercise that combines meringue, salsa, mambo, rumba and calypso, all to help local families in need. The event will be Saturday, December 5, from 6 p.m. to 8 p.m. at R.C. Durr YMCA (5874 Veterans Way, Burlington, Kentucky 41005).

Zumba incorporates dynamic, grooving moves with pulsating Latin music for a workout that's so much fun, it doesn't even seem like exercise. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

R.C. Durr YMCA's ZUMBATHON is open to anyone over age 12 of all fitness levels and will be led by instructors from throughout the area including Master Trainer Maria Browning. Admission is a new, unwrapped toy or clothing item for a child or a \$10 donation. All donations will go toward the YMCA's Angel Tree program, which provides gifts to children whose families are having difficulty this season. For more information, the public can call the R.C. Durr YMCA at 859-534-5700.

Nearly 12,500 members benefit from the R.C. Durr YMCA branch that provides adult and youth wellness classes and fitness programs; summer camps; school age child care; sports; aquatics; enrichment activities; and more. The R.C. Durr YMCA is also home to the Boone County Senior Center.

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