



FOR IMMEDIATE RELEASE

Register for Brookhaven Parks & Rec summer fitness, arts classes

Offerings include boot camps, dance, art and cheer

Brookhaven, GA, APRIL 21, 2015– Summer programming at Brookhaven Parks and Recreation will begin soon and registration is open. Summer fitness, dance, art, cheer and senior programming will begin in May and carry on throughout the summer. You may register online at [here](#) or by calling 404-637-0512. Below is a sampling of available classes. Please call or visit the website for full class listings.

Boot Camp

Brookhaven Boot Camps is taking basic training outside in **Briarwood Park** and making fitness affordable, effective and fun with innovative and convenient ways to get in shape and see real results. Our fitness boot camps are committed to building community awareness about physical wellness. May session begins 5/5 with June and July sessions to follow. Meets Tuesdays, Wednesdays and Thursdays, \$90.

Fitness

Pilates Fusion- Pilates based workout focusing on core strength, flexibility and total body conditioning. We incorporate traditional Pilates mat work, barre work, floor work, and signature Fletcher "Towelwork" to ensure that each class is different and will never leave you bored. June and July sessions offered. Meets Tuesdays at Briarwood Community Center. \$32.

Inner Retreats Meditation- Meditation made easy! Join us weekly as you embark on a peaceful and relaxing journey within. Leave the stress of the week behind and take part in a guided meditation of relaxation, exploration and inspiration. Meets every Sunday at Briarwood Community Center. \$10.

Art

Art Stars Camp- Two different hands-on art activities each day. Each week you will create art-inspired by famous international artists and "visiting" art from Italy, Australia, Africa and Peru. Camp will be 10am-1pm four days per week at Lynwood Community Center. May, June, and July sessions offered. \$120 per week (plus \$30 for materials due to instructor), ages 7-10.

Beginning & Intermediate Drawing for Adults- Explore basic drawing principles and techniques including value, line, blind contour, gesture, composition, etc. working from still life and your own photos. Thursdays, 6pm-8pm at Briarwood Community Center. 5/21-6/25, \$80, ages 18+.

Dance

Tango for Beginners- Learn the fundamentals needed in order to dance Tango in a social setting. This class will be a comprehensive look at Tango basics such as walking and turning, musicality, rhythm, and a bit of Argentine Tango history. Mondays at 8pm at Briarwood Community Center. Class begins May 4 with a June session to follow. \$65 per person or \$120 per couple.

Cheer

Youth Cheerleading- Classes that encourage your little one to be loud and energetic! Cheerleading students will work on chants & cheers, motions, jumps, tumbling and stunts. Tuesdays at Briarwood Community Center. Sessions begin June 2 with a July session to follow, ages 5-7 and 8-10. \$50.

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