PRESS RELEASES FROM:

City of Prescott
Parks, Recreation & Library Department
P.O. Box 2059, Prescott AZ 86302
928-777-1122
November 8 – November 14, 2009

YOGA WITH BECKY LIND

Becky Lind is a certified Yoga fit instructor and has been in the health industry for many years. She has a degree in Recreation and Physical Education and is an ACE (American Council on Exercise) certified personal trainer. Yoga not only develops strength and flexibility, but reduces stress in your life and develops peace of mind. Her classes welcome all levels and it is a safe, fun way to get started in yoga.

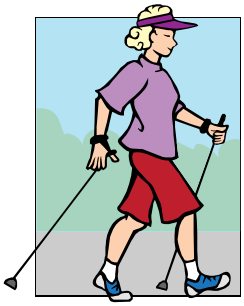
Days: Every Tuesday and Thursday mornings **Time: 9:30am-10:30am**
Dates: November 3, 5, 10, 12, 17, 19, 24 **Cost: $35.00**
December 1, 3, 8, 10, 15, 17 **Cost: $30.00**
Place: Grace Sparkes Activity Center Gym, 824 E. Gurley, Prescott, AZ
Register at the Grace Sparkes Activity Center, 824 E. Gurley, Prescott AZ. MAKE CHECKS PAYABLE TO THE INSTRUCTOR: Becky Lind. For further information contact the instructor Becky Lind at 775-2096.

ENGLISH COUNTRY DANCE

Dance classes are held in the Girl's Gymnasium at Prescott's Mile HI Middle School, Tuesday evenings at 7 p.m. English Country Dancing is easy to learn and fun to dance. The class is open to Teens thru' the young at heart. It is healthy recreation and improves coordination. The class is very informal. Our experienced dancers will help you to quickly learn the dances. New dancers are welcome to join any class. Make new friends as you learn new skills. Come by yourself, family members or with a friend, but partners are not required. If this fun activity interests you call Archie at 928-443-8906 for details.

SQUARE DANCING

Square dance classes are being offered by Mile Hi Square Dancers beginning September 20th. We have beginners workshop and plus dance workshops. The classes are held at the Grace Sparkes Activity center on Gurley Street. The class starts at 6.pm. Square dancing is the traditional folk dance of America and is fun and friendly. There are experienced dancers there to "angel" you thru the classes. Partners are not needed. Square dancing is fun for everyone. Families are especially welcome. Class dress is casual and smooth soled shoes work best. Call Carol at 928-717-2471

TREKABOUT HIKING CLUB

The City of Prescott Parks and Recreation invites you to join The Trekabout Hiking Club. The club meets every Tuesday from 8:00am to 9:00am and every Thursday from 8:00am to 10:00am for guided hikes. Locations vary each day and trails are rated from 1 to 4, based on difficulty. Cost is $12.00 for annual membership. For a copy of the monthly schedule or to register, please contact the Parks and Recreation office at 824 E. Gurley St. or call (928)777-1122.