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**FOR IMMEDIATE RELEASE**

**NEW “BUSY BODIES” CLASSES FOR YOUTH**

Greensboro, N.C., March 13, 2009 – Believing that exercise and health education are important for people of all ages, the YMCA of Greensboro is now offering a variety of fitness classes and programs for youth ages 6-12 years old. Offered at the Bryan Family YMCA, “Busy Bodies” is scheduled 2-3 times a week at 4:45 p.m., and includes the following: dance fever, kids’ yoga, “have a ball,” and track and field.

For more information on these classes, please contact the Bryan Y fitness director, Alicia Simpson, at 336-478-9622.

For 120 years in Greensboro, the mission of the YMCA has been to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all. We build strong kids, strong families, and strong communities.

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