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FOR IMMEDIATE RELEASE

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GO GURNEE and FitNation Team Up for FREE Fitness This Summer

(Gurnee, IL) Tuesday, June 21, 2016- FitNation and **GO GURNEE** are partnering to provide residents and friends of Gurnee access to free fitness opportunities all summer long.

Pat Bodame, Fitness Services Supervisor with FitNation, stated, "With FitNation being the leader for fitness in the Gurnee community and **GO GURNEE** focusing on getting people to move for 30 minutes a day, collaborating together on free fitness events just makes sense."

"Our goal is to provide opportunities not only inside but also outside of our fitness centers that focus on getting the community moving," stated Bodame. "This summer, we are offering free Yoga in the Park, free outdoor Summer Bootcamp, free FitKids on Tuesdays in July and a free Zumba Party on August 14."

Free Yoga in the Park will be held during Gurnee Park District's Farmers' Markets on July 15 and August 26 from 9:00-10:00 am at Esper Petersen Park in Gurnee. These classes are open to all ages and skill level ranging from beginners through advanced participants.

Free Summer Bootcamps are located at Betty Russell Park on Wednesday evenings from 6:30-7:00 pm until August 31.

FitKids is the perfect fitness option for children 8-11 years old. To see the full schedule and list of options, please visit FitNationGurnee.com.

The free Gurnee Days Zumba Party will be on August 14 from 9:00-10:00 am at the Viking Park Bandshell.

For more information on fitness offerings, weather updates and membership options, please visit FitNationGurnee.com. (Please note, all outdoor classes are subject to cancellation in the event of inclement weather.)

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Photos:

Yoga in the Park (1)

Yoga in the Park (2)