



***Disco Fever Dance, Beach Ball Party,  
“Hill-arious” Cycling and More***  
*Defined Fitness Hosts Group Fitness Week April 14-20*

**For Immediate Release**

Date: April 8, 2008

Contact: Jessica Trumble, Rick Johnson & Company, (505) 266-7220, [jtrumble@rjc.com](mailto:jtrumble@rjc.com)  
Margaret White, Defined Fitness, (505) 888-7097, [margaret@defined.com](mailto:margaret@defined.com)

(ALBUQUERQUE, N.M.)—Got a favorite healthy recipe you want to swap? Ever wondered what it would be like to exercise with helium balloons? Want to boggie to your favorite 50s rock and roll tunes? You can do all this and more at **Defined Fitness’ Group Fitness Week April 14<sup>th</sup> – 20<sup>th</sup>**.

Defined Fitness hosts its annual Group Fitness Week to encourage current members to try group fitness classes and appeal to potential members who have been thinking about joining a gym. Each class during the week will have a fun theme, ranging from water line dancing to beach ball parties, to encourage people to try something new or different. Other classes include Silver Sneakers Sports Day for senior citizens, Healthy Recipe Swap Cycling, Broadway Hits Dance Class, Tax Day Workout and Blue Man Music Day. **See the attached schedule of events for a complete list of Group Fitness Week class offerings.**

“Research shows that people are more motivated when they work out with other people,” said Pattie Poindexter, Defined Fitness Group Fitness Director. “Group Fitness week is designed to get people to try new things and be excited about exercising.”

In addition, Defined Fitness has recently added some new group fitness classes to their regular lineup of Step, Yoga, Pilates, Cycling, Salsa, Tai Chi, Hip Hop and Belly Dancing



## Group Fitness Week—Pg. 2 of 2

among other classes. New classes include **Striptease** (aerobic class incorporating cardio with dance moves for a total body workout ), **Zumba** (a fusion of Latin and international music and dance themes that mixes body sculpting with dance moves), **Drums Alive** (a class that combines rhythm and movement with the use of drum sticks fitballs, utilizing both physical and neurological pathways to strengthen right/left brain coordination), **Quick Fit** (a 30 minute class that uses a variety of equipment to form an intense, interval-type class, alternating between strength training and cardio) and **Quick Fit Strength** (a quick-paced 30 minute circuit class that focuses on strength building exercises using both group fitness equipment and machines).

For more information about Group Fitness Week or any other group fitness class at Defined Fitness, visit [www.defined.com](http://www.defined.com).

*Defined Fitness is New Mexico's premier workout facility with four great locations in Albuquerque and Rio Rancho, offering state-of-the art equipment, group fitness, personal training, nutrition, tanning, day care and more. Defined Fitness, celebrating its 20<sup>th</sup> anniversary in the Albuquerque community in 2008, is the city's original "no contract" health club. For more information, visit [www.defined.com](http://www.defined.com). Defined Fitness, every BODY wins!*

###