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## **CITY OF KEARNEY** **PRESS RELEASE** ***For Immediate Release***

Issued Date: September 4, 2015

Point of Contact: Deb Eirich, Senior Services Coordinator, (308) 233-3290

### **Registration Underway for Fitness Classes at Peterson Activity Center**

Registration is now underway for the following fitness classes at the Peterson Activity Center:

- Gentle Yoga – this class is great for participants who have limited range of motion, flexibility, and loss of coordination and or strength. This is a chair supported, slow paced class. Thursdays, September 10 thru November 5 at 1:15 p.m. \$65 for 9 week session or \$9 drop-in fee. Instructor Trudy Flaherty.
- Continuing Yoga – this class is for all levels and will advance as student's desire. Thursdays, September 10 thru November 5 at 5:30 p.m. \$79 for 9 week session or \$10 drop-in fee. Instructor Trudy Flaherty.
- Prime Fitness – new routine every class that focuses on flexibility, balance, and strength. Learn simple exercises to improve your overall health. Mondays and Wednesdays beginning September 14 thru October 7 at 6:00 p.m. \$72 or \$10 drop-in fee. Instructor Jenn Nolda.
- FROG (Fitness Reaching Older Generations). Mondays at 9:30 a.m. – ongoing. Instructor Rylan Little. This fitness class is free to all participants.
- Strength Improvement – chair based exercise, DVD led, and free to all participants. Tuesdays and Thursdays at 9:00 a.m.

Classes are open to all persons age 50 and older. To register, call the Peterson Activity Center at 308-233-3290 or email [psac@kearneygov.org](mailto:psac@kearneygov.org).

**Check out our web site at [www.cityofkearney.org](http://www.cityofkearney.org).**

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