

Hon. Stephanie A. Miner
Mayor



Lazarus U. Sims
Commissioner

John Walsh
Deputy Commissioner

DEPARTMENT OF PARKS, RECREATION AND YOUTH PROGRAMS

FOR IMMEDIATE RELEASE
DATE: June 1, 2015

CONTACT: Alexander Marion
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CITY PARKS DEPARTMENT OFFERS “WELLNESS WEDNESDAY” PROGRAMMING IN CLINTON SQUARE BEGINNING JUNE 10

*This Year’s Clinton Square Program Will Feature Sunrise Yoga, Hula
Hooping, and Zumba in the Square*

*Program Made Possible In Partnership with Metro Fitness and the American
Heart Association*

SYRACUSE, N.Y. -- The City of Syracuse Department of Parks, Recreation, and Youth Programs announced today its lineup of activities for the annual “Wellness Wednesday” program, taking place Wednesdays in Clinton Square from June 10 through July 29.

“This program is a great way to bring people into Downtown and engage them in improving their physical fitness,” said **Syracuse Mayor Stephanie A. Miner**. “I am pleased we are able to offer Wellness Wednesdays and I thank our community partners for their support.”

This year, Wellness Wednesdays will add hula hooping, a throwback to the hula hoop fad of the 1950s and 1960s, to the roster of programming. Hooping is a complete core workout, helping to whittle the waist and strengthen the abs, and some of the moves will work the arms and thighs.

In addition, Wellness Wednesday will offer sunrise yoga and Zumba in the Square. The classes will be free and run on Wednesdays from June 10 through July 29.

“Programs like Wellness Wednesday would not be possible without the support of community partners like Metro Fitness and the American Heart Association and I am grateful for their continued collaboration,” said **Lazarus U. Sims**, Commissioner of Parks, Recreation, and Youth Programs.

Certified instructors from Metro Fitness, based in Downtown Syracuse, will offer sunrise yoga from 6:30 to 7 a.m. Zumba in the Square from will take place from 12:15 through 12:45 p.m. and hula hooping from 5:30 to 6 p.m.

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"Listening to the sounds of the City waking up and feeling the warmth of the sun as it rises above the State Tower Building is truly an awesome way to experience a yoga session," said **Randy Sabourin**, owner of Metro Fitness Club. Zumba is not only great for the body, but it is also great for the mind. It is a 'feel happy' workout. We are looking forward to seeing a greater turnout this summer and fill Clinton Square every Wednesday."

The program is a partnership of the City of Syracuse Department of Parks, Recreation and Youth Programs, Metro Fitness, and the American Heart Association.

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