

# Durham Parks and Recreation Department

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# Get Walking in Durham

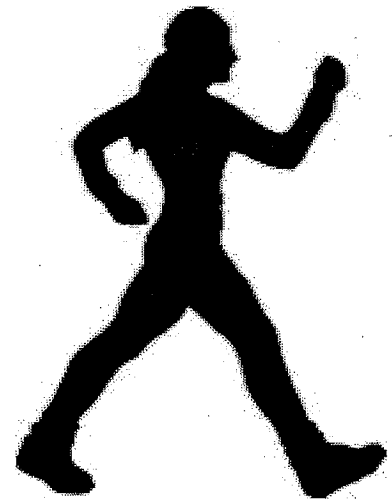
With Pamela Faltin

The Durham Parks and Recreation Department is proud to announce a partnership with Durham resident, Pamela Faltin. Pamela is certified by American Fitness Professional & Associates as a Personal Trainer, Youth Fitness Trainer and Stability Ball Instructor. The Durham Parks and Recreation Department and Pamela are starting all-inclusive fitness classes located in Durham for Durham residents.

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## Classes include...

- Walking programs
- Interval training
- Nutrition and hydration
- Basic weight training
- Stretching
- Balance and stability



All ages and ability levels are welcome. Classes will cost \$5 or \$25 for a six week session. Call now to get information on the fall schedule.

For more information, contact Parks and Recreation Director Michael Mengers at 868-8064 or Instructor Pamela Faltin at 659-7571

