



FOR IMMEDIATE RELEASE
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Das Rec, New Braunfels Recreation Center Seeks Fit 500 at Upcoming Membership Drive

New Braunfels, TX – Das Rec, New Braunfels Recreation Center’s Fit 500 membership drive will be held on Saturday, June 30th at Das Rec, located at 345 Landa Street. The first 500 attendees will receive an exclusive Das Rec Fit 500 gym towel.

From 9:00 a.m. – 12:00 p.m., community members are invited to tour the 77,000 square foot facility - which boasts a 7,300 square foot fitness floor, 20,000 square foot gymnasium, indoor walking track, competitive and leisure pools - as well as sign up for membership in the facility.

“Guests will also be treated to a series of pop-up group exercise classes lead by Das Rec Group fitness instructors at the following times,” said Das Rec Manager Kelsey Heiden.

- “9:00 a.m. – **High Fitness**: A fun fitness class that incorporates interval training with music you love and intense, easy to follow choreography.
- 10:00 a.m. – **Power Sculpt**: A total body, muscle building workout for any fitness level designed to improve strength and definition in the muscles through resistance and repetition utilizing a variety of equipment.
- 10:30 a.m. – **Yoga Flow**: Yoga Flow surely help you find your Zen as you work on flexibility, strength, and balance.
- 11:00 a.m. – **ZUMBA**: High energy, captivating music and Latin inspired moves, ZUMBA is a feel-good, dance workout geared toward all fitness levels.
- 11:30 a.m. – **Tabata Cycle**: A fat burning cardiovascular workout that strengthens the legs, lungs, and heart with an energetic combination of flats, hills and sprints. Class also includes total body and core exercises performed off the bike.”

In addition to pop-up group exercise classes, members will also experience demonstrations on how to use select fitness equipment at 9:30 and 10:30 a.m.

For additional information about the event, contact Das Rec, New Braunfels Recreation Center at 830-221-4170 or visit www.dasrec.com.

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