



Get Ready to Zumba at the Next "Get Fit for '15" Fitness Seminar

October 24, 2014—If you want to learn what it takes to zumba, or what's the buzz to the boot camp craze, come to the next "Get Fit for '15" Healthy Seminar. The instructors with Goddess Rising Fitness will demonstrate their zumba, aerobics and boot camp exercise classes starting at 6:30pm, on Wednesday October 29th at the Deltona City Hall. And "Get Fit for '15" registered teams and individuals will be eligible to win free classes at Goddess Rising Fitness.

The owners of Goddess Rising Fitness, Jessica Sanchez and Judith Suarez, started their business in 2010. They opened their current exercise studio location at 840 Deltona Boulevard in October 2012. They are both AAFA and zumba-certified instructors.

The public is welcome to attend the Healthy Seminars, and to see the complete schedule, visit www.deltonafl.gov. For more information, contact getfit@deltonafl.gov. The Mayor's Get Fit for '15 Fitness Challenge is sponsored by the City of Deltona, Florida Hospital, Halifax Health, Dave's Fence Company, FPL, and Walmart and Front Running Sports.