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## **Town of Pelham launches new teen fitness programs**

**FOR IMMEDIATE RELEASE**

**December 7, 2023**

**Pelham, ON** - The Town of Pelham is expanding fitness opportunities for local area teens by launching three new programs for 13 to 17-year-olds at the Meridian Community Centre.

The Meridian Community Centre will expand fitness offerings to create classes that allow teens to experience the benefits of physical activity with their peers. The three new programs are part of a pilot program that will include yoga, pilates and spin courses.

"The goal of these new classes is to provide opportunities for local teens to gain experiences that will build a foundation for an active lifestyle," said the Town of Pelham Director of Recreation, Culture and Wellness, Vickie vanRavenswaay.

The classes, offered on select weekdays, will launch in early January and run for 8-weeks. Certified fitness instructors will teach participants at their skill level and build on their current fitness level. The classes include Teen Yoga, focusing on movement and mobility; Teen Spin, consisting of intervals and endurance training; and Teen Pilates, highlighting controlled movements and stability.

The classes will be offered in a small group setting with up to 14 participants per class; no previous experience is required. Registration will open for Pelham residents on December 8 and on December 15, for those outside Pelham.

Participants can find more information about the classes and how to register by visiting [www.pelham.ca/teenfitness](http://www.pelham.ca/teenfitness)

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