

Odessa College

news release

Media Relations and Publications • 201 W. University • Odessa, TX 79764 • www.odessa.edu • 432/335-6416 • Fax 432/335-6860

From: Cheri Dalton

Director of Media Relations & Publications

cdalton@odessa.edu

For immediate release

Odessa College to host Fun Run, Zumba Party and Open House Saturday Aug. 22 at Sports Center

ODESSA (Aug. 11, 2009) – Odessa College will host a “Family Fun Run,” “Biggest Zumba Party” and “Open House” Saturday, Aug. 22 at the OC Sports Center in conjunction with its 2nd Annual 30 for 30 Fitness Challenge.

The three-mile Family Fun Run registration starts at 8 a.m. and the run begins at 9 a.m. The Zumba Party starts at 9 a.m. The Sports Center Open House will be from 9 a.m. to 2 p.m.

Try out all the new equipment in the Fitness Center and Weight Room, or try the Muscle Cuts and Water Aerobics classes and more. Experience the fun and register for the 30 for 30 Fitness Challenge which OC will sponsor from Sept. 1-30.

Zumba Party and Fun Run participants will be entered in a drawing for a \$200 Visa gift card to be given away Oct. 8 at the 30 for 30 Grand Finale.

OC’s 30 for 30 Fitness Challenge is sponsored by Medical Center Hospital, City of Odessa, Fitness Specialist, Subway, Names and Numbers and Metabolic Research.

OC offers everyone in the community more opportunities to be healthy, have fun and get fit. For more information call the OC Sports Center at 335-6348.