

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 Sports Center to host Open House Saturday

ODESSA (Sept. 8, 2008) – Odessa College Sports Center will host an “Open House” from 9 a.m. to 2 p.m. Saturday, Sept. 13.

Come experience the fun that OC has to offer through its aerobics classes, workout facilities and more. Try out these classes for free:

- 9-10 a.m. – Muscle Cuts
- 10-11 a.m. – ZUMBA (Latin form of dancing)
- 10-11 a.m. – Water Aerobics
- 11 a.m. - 12 p.m. – ZUMBA

Plus, Dallas-based holistic training studio, The Movement Dallas, will conduct an educational health seminar from noon to 1:30 p.m. at the OC Sports Center. Craig and Bonnie Keaton, founders of The Movement, will share about such topics as “The Truth About What You’re Eating: What Food Labels Don’t Tell You,” “Real-Food Supplements,” and “How To Choose Healthy Food For Your Family.” The seminar will end with a 30-minute Q&A session.

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