



On May 1st, Canal Park in the Capitol Riverfront will start kickoff its FITNESS IN THE FRONT events.

NEWS RELEASE

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CAPITOL RIVERFRONT PRESENTS FIRST ANNUAL FITNESS IN THE FRONT EVENT A FREE SATURDAY OF OUTDOOR FITNESS CLASSES

(Washington, D.C.—For Immediate Release) Put on your tennis shoes, fill up your water bottle and come enjoy outdoor fitness classes on Saturday, May 1 from 9 am to 12 noon in the Capitol Riverfront, the neighborhood around Nationals Ballpark and the Navy Yard Metro. Classes are free and open to the public.

As the weather warms up, Washington’s newest destination neighborhood hosts families and friends for a day of outdoor fun and opportunity. No experience necessary, there is something for everyone. Try new fitness classes offered by local instructors as well as sign up for summer sessions, run/bike clubs, watch demonstrations and enter drawings.

Six fun fitness classes will take place during Fitness in the Front on Canal Park, located one block east of the Navy Yard Metro (New Jersey Ave exit) at the intersection of M St., SE and 2nd St., SE:

9 am – 10 am

Bootcamp by Greg Jones, Elite Fitness Kickboxing by Results Gym

10 am – 11 am

Yoga by Stacey Etheridge, Capitol Hill Yoga Pilates by Erin Carnahan, Capitol Hill Yoga

11 am -12 pm

HooperNatural(TM) by Granetta Coleman, Hoopnotica Certified Instructor

Zumba Dance by Denny Montas, Certified Zumba Instructor

Demonstrations by Trapeze School

Rain date Sunday, May 2nd, announced online at www.capitolriverfront.org.

Located just five blocks south of the US Capitol Building, the Capitol Riverfront is leading the way in shaping a new mixed-use neighborhood, pairing the extraordinary advantages of riverfront city living with access to what matters: parks and trails, sports and entertainment, exceptional value, and proximity to Capitol Hill.