



YMCA of South Hampton Roads

We build strong kids, strong families, strong communities.

February 6, 2006

For more information contact:
Sarah Johnson, Mt. Trashmore Family YMCA
757-456-9622

-- MEDIA ADVISORY --

Ringling Brothers Circus clown to get fit and have fun at Mt. Trashmore Family YMCA

The Mt. Trashmore Family YMCA is dedicated to helping children and adults get physically fit. The Greatest Show On Earth® has the same idea with a new fitness program called CircusFit®.

While the Ringling Bros. and Barnum & Bailey Circus prepare for a February 22 show at the Norfolk Scope, a clown from Ringling Bros. will give everyone a small taste of the excitement and fun the circus brings to town.

WHEN: Tuesday, February 7 at Noon

WHERE: Mt. Trashmore Family YMCA
4441 South Blvd. Virginia Beach, Virginia 23452
Phone (757) 456-9622

WHAT: In addition to putting the YMCA's Interactive Zone to the test, the zany Ringling funster will demonstrate CircusFit® fun and exercises to the Kindergarten children.

With characteristic circus flair, this special guest clown is sure to create several photo opportunities, while working-out with the children on the new YMCA's Interactive Zone equipment, which offers members an exhilarating, full-body workout while playing video games!

The YMCA of South Hampton Roads' Activate America initiative, in partnership with programs like CircusFit® offers targeted solutions for the national epidemic of childhood obesity and inactivity. Active programs for all ages are offered at the YMCA in a continuing effort to keep youth, teens and adults active and healthy.

Details about the YMCA's Activate America initiative, partnerships and national statistics are available at <http://www.ymca.com/activateamerica>. Local Activate America event and program information can be found at <http://www.ymcashr.org>. For more information about the CircusFit® program please visit <http://www.circusfit.com/CircusFitInfo/Index.aspx>.

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.



Certified United Way Agency