

# FOR IMMEDIATE RELEASE



Contact: Sonya Cole-Hamilton  
Office: 972-218-1433  
Cell: 972-358-7227  
[SonyaHamilton@LancasterISD.org](mailto:SonyaHamilton@LancasterISD.org)  
[www.LancasterISD.org](http://www.LancasterISD.org)

*"Excellence Every Day...No Alibis, No Excuses"*

Thursday, February 7, 2013

## **Dance Your Way to a Healthier Heart: Lancaster Middle School Hosts Zumba Classes for Staff, Students, Parents, Community**

Lancaster, TX/Lancaster ISD

They say that every journey begins with a single step. And for American Heart Month, our steps will be to a good Zumba beat.

In an effort to increase parental involvement and to inform our students and community about Heart Disease Awareness, Monday, February 11, Lancaster Middle School will host its first Zumba class for the Lancaster ISD Community.



The classes will continue throughout the month of February and will be held twice a week on Mondays and Wednesdays from 4:30 p.m. – 5: 30 p.m. in the LMS Dance Room.

The individual class fee is \$5 for adults and \$3 for students. The monthly rate to attend twice a week all month is \$20 for adults and \$15 for students

All staff, students, parents and community partners are invited to attend and get heart healthy.

A contest will begin on the first day and carry out through the month of February for all campuses to see who can garner the most faculty/staff, student, and parent participation.

To pre-register for a class, please email Earlyshia Thomas at [EarlyshiaThomas@lancasterisd.org](mailto:EarlyshiaThomas@lancasterisd.org).

*The Lancaster Public Schools serve more than 6,000 pre-kindergarten through grade 12 students in 11 schools. The mission of the Lancaster Independent School District, a leader in providing innovative, quality programs, is to educate every student with the knowledge; skills; and principles to succeed and contribute in a competitive and technologically advancing world by providing rigorous and engaging learning opportunities that promote diversity; create an environment of integrity and respect; and establish a commitment to continued improvement in partnership with families and community.*

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422 S. Centre Ave. Lancaster, TX 75146 ~ 972.218.1400 ~ [www.LancasterISD.org](http://www.LancasterISD.org)



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