



BOYS & GIRLS CLUBS
OF CENTRAL FLORIDA

Media Alert

WHO/WHAT: [RDV Sportsplex Athletic Club](#) and the Joe R. Lee Branch of [Boys & Girls Clubs of Central Florida](#) (BGCCF) in Eatonville have teamed up to provide Club members ages 12 and older the opportunity to participate in **#SummerFit** group fitness classes throughout the summer. These classes enable Club members to experience a different fitness class each week while having fun and learning new ways to be fit and active.

Join us as Club kids enjoy a [Training for Warriors](#) class and learn about building strength, gaining muscle and feeling healthier.

WHEN: Thursday, August 4, 2016

Arrive by 2:45 p.m. for the 3:15 p.m. class. Check-in at the RDV Athletic Club Service Desk. The class ends at 4:30.

WHERE: RDV Sportsplex Athletic Club, 8701 Maitland Summit Blvd., Orlando, FL 32810

OPPORTUNITIES/VISUALS: Jean Kingsford-Shawgo with RDV Sportsplex and Austin Long and Club members with BGCCF will be available for interviews. Visuals include 20+ Club members working out, learning and having fun.

CONTACT: Michelle Edwards at michelle.edwards@evokad.com or 321/677-6005.

About RDV Sportsplex

The mission of RDV Sportsplex is to enhance the lives of individuals and families in our communities through exercise, sports and recreation, by providing world-class service, facilities and programs all within an environment of active fun. Since its founding in 1998, RDV Sportsplex has spent the past 18 years committed to helping children from disadvantaged circumstances through the Central Florida Boys & Girls Clubs, donating more than \$150,000 to the Eatonville Branch through the RDV Sportsplex Reindeer Run 5k, Food Truck Fridays, and other programs. RDV Sportsplex is part of the MVP Sports Clubs family with 44,000 members in eight athletic clubs and fitness facilities in Orlando and The Villages, Florida, as well as Holland, Grand Rapids, and Rockford, Michigan.

About Boys & Girls Clubs of Central Florida

Since 1944, Boys & Girls Clubs of Central Florida has provided at-risk children from the local community, between the ages of 6 and 18, with a safe place to learn and grow. Our membership totals nearly 14,000 young people at 30 Clubs and middle school sites in Brevard, Orange, Osceola and Seminole Counties. The mission of Boys & Girls Clubs of Central Florida is to inspire and enable all young people, especially those from disadvantaged circumstances, to realize their full potential as productive, responsible and caring citizens. Learn more at 407.841.6855, www.bgccf.org, facebook.com/bgccf, or twitter.com/bgccf.