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Free Workouts Slated for Autumn and Winter

Encouraged by its success last year, the City of Perris will once again host a series of autumn and winter workouts to help residents keep weight off during the approaching holiday season.

The workouts will be hosted by personal trainer and City contractor Laura Sosa, who also teaches senior fitness classes at the Bob Glass Gym. The one-hour workouts take place on Saturdays from Oct. 11 to Nov. 15 at various parks throughout Perris.

The Oct. 11 workout takes place at Mercado Park at 10th and D Streets. Other parks set to host winter workouts include Rotary Park, Monument Ranch Park, Paragon Park and Bob Long Park. The final workout will take place at Mercado Park.



Instructor Laura Sosa, seen here conducting a senior physical fitness class at the Bob Glass Gym, will hold a series of winter workouts beginning Oct. 11.

City IT Manager Arturo Cervantes, who is coordinating the late-year workouts, said Perris officials hope to capitalize on the success of the 2013 exercise program, which frequently attracted more than 100 residents and was part of the "Live Well Perris" healthy-eating active-living initiative. He said people have spoken to him around the City Hall Campus and are eager for the workouts to restart.

"Working out can help reduce cholesterol and blood pressure and it's very important for people to think about that as the holidays approach and the temptation is great to overeat and overindulge," Cervantes said. "We are encouraging Perris residents to come out and take part in this great, free activity."

Sosa said the winter workouts will include stretching, aerobics and cardio work. She's been a certified personal trainer for nearly 15 years and is a familiar face at the City gym, where her classes are popular among the senior set. She said her work with the City is a labor of love.

"I love to work with people and help them maintain their fitness," she said. "When you exercise your quality of life improves. You lose weight, get toned up, lower your cholesterol. Exercise plays a really important role in life."

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