

**NEWS RELEASE  
CITY OF MANSFIELD**



**Tim Theaker, Mayor**

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**For Immediate Release**

**Date: October 17<sup>th</sup>, 2018**

**Contact: Parks Office**  
419-522-9801

**Subject: Active Adult Fitness Class**

Mansfield, Ohio- Mayor Tim Theaker and Parks Department Manager Mark Abrams are pleased to announce the City of Mansfield Parks and Recreation Department and the Mansfield Area Y are collaborating together to offer a free Active Adult Fitness Class at Ocie Hill Neighborhood Center, 445 Bowman St., Mansfield, OH. Classes will be on Tuesdays and Thursdays from 9 to 9:45 a.m. beginning Nov. 6. The class is geared toward senior citizens but is open to anyone. The class will concentrate on strength training, balance and cardio/aerobic training and will be taught by Mansfield Y personal trainer/ fitness instructor Rey Owens. Owens is a certified personal trainer, a certified group fitness instructor and certified in CPR/AED. He received his certification through the National Association Fitness Certification (NAFC) and has two years training in Mixed Martial Arts. Owens said, he hopes to “help and assist individuals to set and obtain their own personal goals through weight resistance, cardiovascular and flexibility training.”