



News Release

301 Gervais St. • Loading Zone D • Columbia SC 29201
Phone (803) 898-4921 • Fax (803) 898-4969
publicrelations@scmuseum.org or visit southcarolinastatemuseum.org

FOR IMMEDIATE RELEASE

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Contacts: Celeste Wszola
or Tut Underwood

State Museum to Present Family
Fitness Day Feb. 4

Columbia, S.C. – It’s January—time to break out the workout clothes, weights and water bottles and get serious about losing those extra pounds gained over the holidays. Whether exercise is your passion or a dirty word to you, you’ll find out about some great, fun ways to take care of your body on Saturday, Feb. 4 at the South Carolina State Museum.

In conjunction with the blockbuster exhibit *BODY WORLDS Vital* currently on view, the State Museum will offer Family Fitness Day from 11 a.m. until 4 p.m., featuring health activities from partners from Gold’s Gym to First Baptist Church and more.

The Capital City Cloggers will offer an exuberant demonstration of clogging and invite guests to learn some basic steps at 11 a.m. Zumba, a Latin dance-inspired fitness program created by choreographer Alberto Perez in Colombia in the 1990s, is well represented during the day.

Combining dance and aerobic elements from hip-hop, samba, salsa, mambo, martial arts, Bollywood and even belly dancing, Zumba instructor and owner of Z Factor Dance and Fitness Studio, Valincia Borders, will lead Zumbatomic for kids at 11:30 a.m., followed by Zumba Gold for seniors at noon. Natalie Knotts, Zumba fitness instructor at First Baptist Church in downtown Columbia, will lead Zumba for all ages at 2 p.m.

The afternoon of Family Fitness Day offers even more. Instructors from area Gold’s Gyms will be on hand at 12:30, 1:30 and 3 p.m. to lead special hour-long classes of their popular, high energy workouts. These classes are open to the public —just bring a pair of sneakers and some comfortable clothes.

“There will be more activities and surprises during the day as well,” said State Museum Director of Operations Meika Samuel. “It’s all designed to raise awareness of how people can

take care of their bodies and guard their health – and in many instances, in ways that are a lot of fun.”

Family Fitness Day activities are free with museum admission or membership. Please contact 803-898-4952, publicprograms@scmuseum.org or southcarolinastatemuseum.org for more information.

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CUTLINE FOR FAMILY FITNESS DAY

Good food, exercise and other healthy habits keep a person fit for physical activity and for a healthy body that performs at maximum efficiency. The South Carolina State Museum will host Family Fitness Day Saturday, Feb. 4 in conjunction with its blockbuster exhibit *BODY WORLDS Vital* to show families some of the services and activities that are offered in the Midlands to help them keep fit and healthy.

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Photo courtesy Institute for Plastination/S.C. State Museum

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