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## **MEDIA RELEASE**

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### **Valley View Fitness Day**

**Ashwaubenon, WI – May 26, 2015** – The students of Ashwaubenon’s Valley View Elementary School will be participating in an upbeat and challenging group fitness class from 1:30-2:30pm on May 29th. This event is part of Valley View’s commitment to building a healthy school.

Western Racquet instructors Kari Merrill and Amanda Boeder will bring their enthusiasm and love of fitness to Valley View by leading the student body in Zumba, Cardio Kickboxing, and strength exercises. The entire school will participate in this large group fitness class on the playground in back of the school to the beat of today’s popular music.

Valley View Elementary is participating in a health incentive called ‘Driven to Better Health’. Former Green Bay Packer Donald Driver has partnered with Children’s Hospital of Wisconsin to promote childhood health. Donald Driver will make personal appearances to winning schools.

For more information, please contact Barry Severson, Valley View Enrichment Committee at 920-492-2930 ext. 3305 or bseverson@ashwaubenon.k12.wi.us.

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