

## Media Advisory

FOR IMMEDIATE RELEASE

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## Celebrate 45 Years of Health, Wellness, and Community at the Herndon Community Center

Herndon, VA - March 18, 2024 - The Herndon Community Center is thrilled to announce its upcoming week-long celebration in honor of its sapphire anniversary, marking an incredible 45 years of serving the community with a diverse range of health, wellness, and recreational programs.

Since its inception in 1976, the Herndon Community Center has been a beacon of vitality and connectivity in the heart of Herndon. Initially conceived through a collaboration with Fairfax County and funded by Community Development Block Grants, the center has undergone remarkable growth and expansion over the years. From its humble beginnings as a 15,000-square-foot facility with a gymnasium and recreational classrooms, the center has flourished into a sprawling 56,000-square-foot complex featuring state-of-the-art amenities such as an indoor aquatic facility, fitness center, racquetball courts, and much more.

"We are immensely proud to celebrate 45 years of enriching the lives of our community members," said Bob Williams, Director of the Town of Herndon Parks & Recreation Department. "This milestone is a testament to the unwavering support of our residents and the dedication of our staff in providing exceptional programs and facilities."

To commemorate this momentous occasion, the Herndon Community Center has organized a week filled with exciting events and special offers for all to enjoy:

- **Monday, March 25:** Kick off the celebration with a series of special fitness classes, including a 45-minute tutorial workout (12 pm & 6 pm), a full-strength workout (6:30 pm), and a 70s-themed Zumba session (5:30 pm).
- **Tuesday, March 26:** Get groovy with another round of 70s-themed Zumba (5:30 pm), guaranteed to get you moving and shaking.
- **Wednesday, March 27:** Keep the party going with more 70s-themed Zumba (5:30 pm) and a 45-minute tutorial workout (6 pm) designed to help you achieve your fitness goals.
- **Thursday, March 28:** Close out the week with one last burst of energy with a 45-minute tutorial workout (11 am) and another fun-filled session of 70s-themed Zumba (5:30 pm).

All classes listed are free with admission! Plus, take advantage of our special anniversary deals, including \$4.50 admission all week, a 45-day pass for just \$45, and a BOGO offer for visitors aged 45 years young! Throughout the week, attendees can also participate in daily giveaways and engage in our 45th-anniversary coloring page activity.

In addition to these festivities, the Herndon Community Center invites community members to "Swim the Distance in 2024" as part of a special challenge to swim 45 miles throughout the year. Participants can pick up a tracking form from the Aquatics Office, and upon completion, will receive a special prize in recognition of their achievement.

Join us as we celebrate 45 years of health, wellness, and community at the Herndon Community Center. For more information about our anniversary events and programs, visit <https://www.herndon-va.gov/departments/recreation/herndon-community-center> or contact 703-787-7300.

The Town of Herndon Parks and Recreation Department is a four-time National Gold Medal Award winner for excellence in park and recreation management presented by [the American Academy for Park and Recreation Administration](#). The Town of Herndon, located in western Fairfax County, is the third largest town in the Commonwealth and is home to more than 23,000 citizens. For more information, visit the Town's website at [herndon-va.gov](http://herndon-va.gov), town services, parks and recreation, or call 703-787-7300.

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