



COUNTY OF YOLO

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FOR IMMEDIATE RELEASE
September 18, 2014

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Cha-Choomba Chair Dance Class September 27

(Woodland, CA) – Want your limbs to stay limber with well-toned muscles? Then come to the Blanchard Room of the Mary L. Stephens Davis Branch Library, located at 315 East 14th Street in Davis, on Saturday, September 27, from 10:30 a.m. to noon, and enjoy a free Cha-Choomba chair dance class.

Cha-Choomba is like Zumba, but in a chair; an exhilarating, high energy, choreographed exercise routine to red-hot music while sitting down. There's little chance of falling in this low-impact exercise class taught by Lellingby Boyce.

“If you seek the zing of Zumba from the safety of a chair, then come to the Davis Branch Library and try Cha-Choomba!” said Yolo County Librarian Patty Wong.

Reservations are not required. Sponsored by the Yolo County Library, all programs free. The Blanchard Room of the Mary L. Stephens Davis Branch Library is accessible for persons with disabilities.

For more information about this program, contact Joan Tuss joan.tuss@yolocounty.org. For more information about the Yolo County Library, visit: www.yolocountylibrary.org, or connect with the Yolo County Library on Facebook at www.facebook.com/yolocountylibrary.org.

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