



555 Walnut St. Abilene, Texas 79601  
[www.abilenetx.com](http://www.abilenetx.com)

# News Release

"We work together to build and maintain a community of the highest quality for present and future generations."

**FOR IMMEDIATE RELEASE**

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## Sweat and Swim

ABILENE, Texas - Begin your fitness journey this summer at the Sweat and Swim and develop a new you! Abilene Fit Together is here to help you progress into an active lifestyle.

Join us at Rose Park on Friday, June 23rd at 6:30 PM for fitness demonstrations for the whole family followed by a cool down at Adventure Cove, the new Aquatic Center! Build your stamina with workout of the week that will be highlighted on KTXS morning show. Kids 12 and under are free, 13 and older is \$10 per person. Register at [www.abilenetx.com/signup](http://www.abilenetx.com/signup).

For more information, please email us at [parksandrec@abilenetx.com](mailto:parksandrec@abilenetx.com) and [www.ktxs.com/fitness](http://www.ktxs.com/fitness).

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