

May 28, 2010  
FOR IMMEDIATE RELEASE  
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### NMMC WELLNESS CENTER TO HOST TEEN BIKE BOOT CAMP

TUPELO, Miss.—North Mississippi Medical Center Wellness Center will host a Bike Boot Camp for ages 14-18 this summer.

This unique program will feature cardiovascular intervals, and training in muscle endurance, balance and flexibility. Sessions will meet from 3-4 p.m. Tuesdays and Thursdays for six weeks beginning June 8. The fee is \$125 per teen.

The instructor is veteran cyclist and racer Candy Wheeler, who will offer advice for biking on roads and trails. Wellness Center membership is not required to participate. The camp will end with an optional bike ride on the trails at Elvis Presley Park.

To register call (662) 377-4139 or stop by the NMMC Wellness Center, 1030 S. Madison St.