



MEDIA RELEASE

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SharQui Bellydancing-Style Workout Offered Through Lompoc Recreation Division

LOMPOC, CA, May 5, 2017 – The Lompoc Recreation Division is proud to offer classes in SharQui – The Bellydance Workout!

SharQui is a bellydance-style fitness format for people who want to have fun and feel good while exercising! This program is for any shape, size and skill level. The class will be taught by instructor Teresa McIntyre.

Classes will take place at the Anderson Recreation Center on Fridays, starting May 12. Class runs from 5:30pm to 6:30pm. The fee for SharQui is \$35 for Lompoc residents and \$43 for non-residents. Ages 16 and older may participate.

For more information, contact the Lompoc Recreation Division at (805) 875-8100. Or, stop by and register at the Anderson Recreation Center, 125 West Walnut Ave.

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City of Lompoc

The City of Lompoc, known as “The City of Arts and Flowers”, was founded as a town in 1874 and incorporated as a city on Aug. 13, 1888. Prior to the City’s establishment, the building of La Purisima Mission in 1787 marked the earliest European settlement in the Lompoc Valley. Growth in the Lompoc Valley was sparked by the 1901 completion of the coastal railroad between San Francisco and Los Angeles, which included the extension of a spur into Lompoc. The Lompoc Valley is home to Vandenberg Air Force Base, the first missile base of the United States Air Force. Today, the City of Lompoc is a travel destination known for its downtown mural program, local wines and acclaimed cuisine, historic landmarks, parks and nearby beaches. For more information, visit: <http://www.cityoflompop.com/>