



ROCKY MOUNT
EVENT CENTER

PRESS RELEASE

FOR IMMEDIATE RELEASE:

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Rocky Mount Event Center to Host Multit-Fitness Event

Mixing and Matching Fitness Flavors at the Downtown Facility

(Rocky Mount, NC) August 5, 2019: Fitness Showdown Round 5 will be held at the downtown [Rocky Mount Event Center](#) on Saturday, August 10th from 10:00am-5:00pm in the field house of the facility. Doors will open at 9:30am.

This is the fifth year that Fitness Showdown has been held in the Rocky Mount community. During the inaugural year in 2014, the event was held at Booker T. Washington Community Center and eventually changed locations to Golden East Crossing Mall and only included Zumba. This year at Rocky Mount Event Center, Fitness Showdown Round 5 will host seven different fit sessions with high-energy world class instructors from Rocky Mount, Kinston, Greenville, Durham, Nashville and Elizabeth City. The sessions include:

Kids Zumba: 10:00am-10:50am (Ages 5-12)

Instructor: Chrisie Heath

Full Body Sculpting: 11:00am-11:50am (Insanity)

Instructor: Jackie Carlson

Kickboxing Cardio: 12:00pm-12:50pm

Instructor: Shawn Moore

Crossfit: 1:00pm-1:50pm

Instructor: Jay and Tara

Yoga: 2:00pm-2:50pm (Please bring Yoga Mat)

Instructor: Rebecca Bauguess

Yoga with Kids: 2:00pm-2:50pm (Child is additional \$5.00 & Please bring Yoga Mat)

Instructor: Rebecca Bauguess

Mixedfit: 3:00pm-3:50pm

Instructors: Chrisie Heath, Nikia Person-Pittman, Diane Cobb & Antwonne Keys

Zumba: 4:00pm-4:50pm

Instructors: Dr. Tevis Harris, Diane Cobb, Chrisie Heath & Theresa Hooker

The creator of Fitness Showdown Round 5, Francheskia Fenderson-Battle says, "The idea originated for my love fitness. I have always seen where people host individual classes all the time in the

Rocky Mount Area, but never one event bringing everyone together and having a FIT! I then consulted Zumba/Mixedfit Instructor Chrisie Heath, about helping me bring in instructors from around the area and the event took off from there. The event has grown every year including this year moving forward. I am expecting this to be the best year yet!"

This fitness event is something for the whole family to enjoy. Zumba for kids ages 5 years old-12 years as well as Yoga with kids will be offered. In addition, if parents want some time for their own fitness activities, they can send the kids to the Rocky Mount Event Center family entertainment center, [Game Day "Adventure & Arcade"](#)! Game Day includes arcade games, 17 themed climbing walls, an aerial ropes course, and Ballocity (soft play area).

Attendees have the option to purchase each fit session for \$10 or purchase an All Day Fit Pass for \$35 that includes admission to all seven fitness sessions. Vendors will be at the event and door prizes will be given out throughout the day. Those who prefer to walk can walk for a cause by participating in the Coins for a Cause-Walk Tracker. All proceeds from the walking track will go towards the American Diabetes Association.

To purchase tickets to this event visit: <https://rockymountevents.com/event-info/frantastik-creations-and-rocky-mount-event-center-presents-fitness-showdown-round-5/> or visit Rocky Mount Event Center's box office.

For Rocky Mount Event Center inquiries:

- To book the field house at Rocky Mount Event Center, please contact Art Thomason, at athomason@sportadvisory.com.

Rocky Mount Event Center opened in October 2018 and is managed by the industry-leading sports, events, and entertainment management firm, [The Sports Facilities Management](#).

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The Sports Facilities Management, LLC (SFM) and The Sports Facilities Advisory, LLC (SFA) are both headquartered in Clearwater, Florida. SFA, founded in 2003, has produced more than \$10 Billion in institutional-grade financial forecasts for youth and amateur sports complexes, while SFM provides industry-leading, results-driven management solutions for sports, fitness, recreation and event venues, nationwide. Since 2014, SFM-managed venues have hosted more than 75 million visitors. For more information, visit: www.sportadvisory.com.

Rocky Mount Event Center opened its doors as the premier event destination in the city and in the region. From sporting events to corporate meetings, the 165,000 square foot Rocky Mount Event Center has the space, functionality, and guest services to create memorable events for local residents and national rights holders. Rocky Mount Event Center is at the center of it all, nestled between New York and Miami. For more information and to book your next event, visit: rockymountevents.com.