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For Immediate Release:

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MEDIA ALERT

WEDNESDAY, JAN. 30, 2013

11:00AM-12:00PM

**PARKVILLE FAMILY CENTER Y TO CELEBRATE 1ST PLACE WIN IN DECEMBER'S
INTERACTIVE FITNESS COMPETITION**

Participants will gather to celebrate first place win and unveiling of new Espresso Bike

(Baltimore, MD)— The **Y of Central Maryland** will celebrate the **Parkville Family Center Y's** 1st place win in December's Interactive Fitness Competition on **Wednesday, Jan. 30** from **11:00 a.m. to 12:00 p.m.** Last month, the Parkville Family Center Y placed first out of 1,040 worldwide competitors, biking 20,036 miles and burning 880,688 calories. During the celebration, the Parkville Family Center Y will also unveil its new Espresso Bike.

WHAT: Parkville Family Center Y celebrates 1st place win in December 2012 Interactive Fitness Competition

WHEN: Wednesday, Jan. 30, 2013
11:00AM-12:00PM

WHERE: Parkville Family Center Y
8910 Waltham Woods Road
Parkville, MD 21234

MEDIA: For media inquiries, please contact Lindsay Jordan, Profiles, Inc., at lindsay@profilespr.com or (410) 243-3790.

Our Mission:

The Y of Central Maryland is a charitable organization dedicated to developing the full potential of every individual through programs that build healthy spirit, mind and body for all.

Our Commitment:

At the Y, we are committed to providing family-oriented, affordable, high quality programs that lead to:

- Every child and youth deepening positive values, their commitment to service and their motivation to learn
- Every family building stronger bonds, achieving greater work/life balance and becoming more engaged with their communities
- An enhanced quality of life in the communities in which we operate

The Y is a place for everyone. People of all races, ages, faiths, gender, abilities, backgrounds and incomes are welcome and financial assistance on a sliding scale is available to those who would otherwise be unable to participate.

Our Values:

Caring, Honesty, Respect and Responsibility

More information can be found at www.ymaryland.org.

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