



TOWN OF DUCK, NORTH CAROLINA

**PRESS RELEASE**

Christopher J. Layton  
Town Manager

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Contact: Kathy McCullough-Testa  
Phone: (252) 255-1234  
Mobile: (252) 255-8128

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**TAI CHI AND PILATES BEING OFFERED  
ON THE DUCK TOWN GREEN THROUGHOUT THE FALL**

Duck, NC – The Town of Duck is continuing its successful morning exercise program throughout the fall.

Tai Chi will be offered on Tuesday mornings at 7:30 a.m. through Tuesday, October 28. Tai Chi is an exercise using slow, relaxed, and graceful movements and is appropriate for people of all ages. Julia Daniel from Outer Banks Yoga and Pilates in Kitty Hawk is the instructor.

Pilates will be offered on Thursday mornings at 7:30 a.m. through Thursday, October 30. This class is for all fitness levels. Participants should bring a Pilates/yoga mat or a beach towel. Patti Waller is the instructor.

The classes will be held on the Duck Town Green, 1200 Duck Road. They are free of charge and are open to the public. No registration is necessary.

Since the classes are being held outside, there is a risk of cancellation due to weather. For additional information on these classes or any other Town of Duck event, please visit [www.townofduck.com](http://www.townofduck.com) or call the Town events hotline at (252) 255-1286.

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