

## Cobbs Creek Recreation Center

*By Da'Lia Starkey*

[Cobbs Creek Recreation Center](#) (CCRC) is a Philadelphia Parks & Recreation facility with an extremely friendly atmosphere that embodies the importance of health, fitness and wellness.

Overall, CCRC provides an awesome health and wellness experience. Its classes are exciting, and its smoothie bar offers delicious treats. There are classes in adult basic hip hop & fitness, flip fitness, boot camp/circuit training, line dance, tumbling, Praise dance and aqua fitness (seasonal). Train solo or use the services of personal trainers Ken Crawford & Da'Lia Starkey to guarantee the best total body workout. Ken and Da'Lia will assist you with reaching your goals via personalizing a workout routine specific for your health and wellness aspirations. Upon registering, the staff will administer a fit test, body fat analysis and a consultation to document your goals. Thereafter, they will devise an exercise regimen especially for you.

This summer, Aqua Fitness was our most popular class. Several ladies joined the class in the quest to lose a few pounds. We are proud to announce many of our participants lost a minimum of 10lbs. and one young lady lost 21lbs. We would like to congratulate Cheryl Slaughter for achieving her goal in two months. She achieved this by committing to a lifestyle change. Cheryl participated in aqua fitness, adult basic hip hop & fitness and strength training, and adopted a “clean eating” lifestyle with the assistance of our trainers.

For more information about Cobbs Creek Rec Center activities, [visit our Facebook Page](#).