

24 January 2012

Press Release

## **CHARITY ZUMBATHON AT CRC TO HELP SICK CHILDREN**

**Fitness instructors at Cambridge Regional College are training hard for a charity 'Zumbathon' to raise money for sick children.**

Nicola Housden and Sarah Snow, who usually put others through their paces, will be taking part in the two-hour marathon fitness and dance party at the College sports centre on Saturday.

And they are hoping to be joined by some of their boot-campers – members of the popular six-week intensive boot camps run at CRC's Dynamix fitness centre by the two instructors.



Preparing to Zumba – Nicola Housden and Sarah Snow

Sports Centre Supervisor Nicola said the Zumbathon - organised by Zumba Fitness - was in aid of the Sick Children's Trust, which provides 'home from home' accommodation for families with sick children.

The charity needs money to run its seven homes, including Acorn House at Addenbrooke's Hospital, and a new 'home from home' planned for the Rosie Hospital in Cambridge.

The Zumbathon is open to all and starts at 10am on Saturday, 28 January, finishing at noon. For more information, or to collect a registration form, contact Nicola Housden at the Sports Centre: [nhousden@camre.ac.uk](mailto:nhousden@camre.ac.uk) or call 01223 418280

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#### **MEDIA ENQUIRIES**

For more information, please contact Lynn O'Shea, Communications & PR Manager, on 01223 418773 or email [loshea@camre.ac.uk](mailto:loshea@camre.ac.uk)

#### **NOTES TO EDITORS**

Cambridge Regional College is one of the largest providers of full-time further education for 16 to 19 year-olds in the eastern region. The College has more than 4,000 full-time and 6,000 part-time students, coming from a 40-mile radius, covering Cambridge and its surrounding villages, eastern Bedfordshire, northern Essex and western Suffolk.

Over 80 per cent of full-time students are aged 16 to 18 years old and come to the College after secondary school; the rest are mature students, studying on a range of Access to Higher Education and vocational programmes. The College offers the largest and most comprehensive range of vocational courses in Cambridgeshire, and has one of the largest work-based learning contracts in the Eastern Region.