



South Suburban
PARKS AND RECREATION

FOR IMMEDIATE RELEASE

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Burn Thighs with South Suburban's "Turkey Burner"

Being thankful feels good. Being thankful *tastes* even better. On Thanksgiving, the average American will stuff themselves with about 4,500 calories of food. While noshing is fun, there's also a fun way to help keep calories and stress at bay with the new "Turkey Burner," a 90-minute fitness jam, offered at three South Suburban recreation centers on Thanksgiving Day, Nov. 27.

The "Turkey Burner" will be offered from 8:30 –10 am at Buck Recreation Center, 200 W. Powers Ave., Littleton and Goodson Recreation Center, 6315 S. University Blvd., Centennial. It will run from 7-8:30 am at Lone Tree Recreation Center, 10249 Ridgeway Cir., Lone Tree. The holiday offering features three, 30-min., fitness formats. Exercise for a half-hour, hour or the entire 90 min. Classes offered at Buck include Cardio Circuit, Power Hour Strength and Zumba®. Classes offered at Goodson include Aerobics, Power Hour Strength and Yoga. Classes offered at Lone Tree include Step, Strength and Zumba®.

The "Turkey Burner" is open to those age 10 through adult. The "Turkey Burner" is included in the recreation center's admission fee. For more information about South Suburban offerings, visit www.sspr.org.

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