



South Suburban PARKS AND RECREATION

FOR IMMEDIATE RELEASE

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South Suburban's Lone Tree Recreation Center Expands Programming

South Suburban's Lone Tree Recreation Center has expanded programming and classes at the full-service center. **Iris Gregg** has been hired as coordinator of culture and enrichment programs, including art, dance, and theater, as well as art-themed camps and birthday parties. She will also coordinate the public art that is displayed inside the recreation center. Originally from Kansas City, Gregg is a former gallery owner and graduate of the Rocky Mountain College of Art and Design.

Kim Amidei joined the center as senior programs assistant coordinator, and will develop educational, cultural, health, and social and leisure activities and classes for adults, age 55 plus. A Denver native, Amidei recognizes the many opportunities available to seniors in the community, and as a former competitive athlete, she is a strong advocate of an active lifestyle. **Peggy Golden** is fitness coordinator for the center, overseeing all drop-in and registered fitness classes and programs, Silver Sneakers and personal training. She has expanded offerings at the center, including Pilates Mat, Teen Yoga, Indoor cycling, Tai Chi and more. Golden has been employed with the South Suburban fitness department for 13 years, and looks forward to her new post at Lone Tree.

Kayla Stonehouse is the new aquatics coordinator and will manage programs at the center as well as South Suburban's Cook Creek Pool. Stonehouse will oversee swim lessons, lifeguard and babysitting certification classes, birthday parties and all other aquatic programs and activities. Stonehouse graduated from the University of Wisconsin-LaCrosse with a degree in Recreation Management. A native of Minnesota, it's no coincidence she likes the water.

South Suburban's Lone Tree Recreation Center is located in Ridgeway, and features a large gymnasium, running track, cardiovascular and circuit equipment, free weights, racquetball courts, indoor pool with lazy river and slide, meeting rooms, theater stage, nursery, and a state licensed childcare program. For more information, visit www.sspr.org.

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