



South Suburban
PARKS AND RECREATION

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**South Suburban Debuts New Offerings that Incorporate Fun, New Technology
to Help Support New Year's Fitness Resolutions**

South Suburban Parks and Recreation will help residents maintain their New Year's fitness resolutions with new offerings designed to ramp up the fun, while incorporating new technology and innovation.

Goodson and Lone Tree Recreation Centers are two of only a select few facilities in the area to offer **Kangoo Jump**, an exhilarating fitness class that incorporates the newest trend of Kangoo Jump Boots. Kangoo Jumps are three exercisers in one. The effective exercise technique has a high fun factor, provides a great workout, and is safe on the joints. The 4-week class begins Jan. 6. Register online at www.sspr.org, or call 303-347-5999. Goodson Recreation Center is located at 6315 S. University Blvd., Centennial, and Lone Tree Recreation Center is located at 19249 Ridgeway Cir., Lone Tree.

Amplify your fitness routine by adding **Group Training** classes to your regimen, and gain the benefits of personal training in a group setting! South Suburban offers a selection to suit your needs. With only approximately 6-10 persons per group, participants gain group support with individualized attention. Instruction is similar to personal training, but in a group setting. Patrons can also supplement personal training sessions with group training sessions. Put together your own group and South Suburban will customize training sessions; with a minimum of four persons.

High Intensity Interval Training is an interval workout to improve both cardiovascular endurance and muscular strength, for those age 16 through adult. This intermediate to advanced class is offered at Buck Recreation Center, 2004 W. Powers Ave., Littleton.

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A variety of TRX Suspension Group Training sessions will be offered in Jan. at Goodson Recreation Center, 6315 S. University Blvd., in Centennial. The TRX is the most versatile piece of exercise equipment available. Participants can perform hundreds of functional exercises, while building strength, flexibility, core stability and metabolic conditioning. The TRX Small Group Training classes allow for all the benefits of personal training, on a lower budget! Choose from TRX Basics, Interval or Strength.

Ultimate Fitness Group Training classes, offered at Lone Tree Recreation Center, 10249 Ridgeway Cir., Lone Tree, are for ages 13 through adult. The class combines cardiovascular, circuit, free weights, core strengthening and flexibility. All fitness levels welcome.

Adult and Senior Weight Training Classes are designed to help improve muscular strength and endurance while learning techniques of core training and balance. Class incorporates machine weights, free weights, core training and stretching. With 6-10 persons per class, participants gain group support with individualized attention. Patrons can also supplement personal training sessions with group training sessions. Put together your own group and South Suburban will customize training sessions, with a minimum of four persons.

Learn about Hoop Core Fitness by attending two workshops, taught by Colorado resident Betty Hoops, the creator of Hoop Core Fitness, on Fri., Jan. 17 from 6-7 pm, and Sun., Jan. 19 from 2:30 – 3:30 pm at Buck Recreation Center, 2004 W. Powers Ave., Littleton. Cost \$10 per workshop. Workshops are available for those ages 16 and above. Participants use a safely weighted and sized hoop, while stomping, stretching, jumping and soaring through rhythms with easy guided and freestyle moves. Register for Hoop Core Workshops online at www.sspr.org. Join drop-in Hoop Core Fitness classes, Thurs. at 9 am at Buck Recreation center. For more information, call 303-483-7082.

Saturday Series is a new series of specialty workshops, led by highly trained and certified instructors that address a variety of important health and fitness topics. The 90-minute workshops take place the first through third Saturday mornings at Goodson, Lone Tree and Buck recreation centers. Each workshop costs \$12/\$10 Resident. Jan. topics include Build a Better Workout, and Nutrition for Weight Loss. Register online at www.sspr.org, or call 303-347-5999.

South Suburban's brand new Passport to Health is a free fitness and wellness rewards program designed to help patrons improve their physical, mental and emotional wellbeing. The program debuts Jan. 1 to coincide with New Year's Resolutions, which often include weight loss and self improvement. Participants of Passport to Health need to register for the program, which runs Jan. 1 through Feb. 28. Participation is strictly voluntary and is open to residents and non-residents alike. Passport to Health features an accompanying Fit Pass booklet, which is similar to a passport, and offers 30 activities and ideas to try. Activities are assigned points, and participants keep track of their progress. Earn just 25 points and receive a South Suburban recreation gift card, and a chance to win valuable prizes. Register today at www.sspr.org or at any recreation center.

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