

Contact:
Kate Drago
Public Information and Outreach Supervisor
Foothills Park & Recreation District
(303) 409-2525; kate@fhprd.org

For Immediate Release – August 26, 2009

Foothills Park & Recreation District events

Labor Day hours at Foothills

On Monday, September 7, The Ridge Recreation Center will have reduced hours from 7 a.m.- 5 p.m. The Edge Ice Arena, Lilley Gulch Recreation Center and Peak Community & Wellness Center will be closed.

Fall fitness preview

Improve your strength, increase heart health, enhance flexibility, develop coordination and feel great with Foothills Park & Recreation District's fitness classes. Beginning in September, a healthy variety of classes will begin. For those of you early risers, start your day off right with Sunrise Yoga. If you suffer from back pain and/or bad posture consider Pilates Core Conditioning. Weekends don't go unnoticed at Foothills, where Saturdays offer workouts in Boot Camp, Power Yoga and Pilates Reformer. Women wanting stronger muscles and bones should try Iron Women I and Iron Women II. Kids Yoga will keep your child active, encouraging play and exercise. These are just a few of the fitness opportunities offered year round at Foothills' recreation centers.

Foothills fitness and exercise classes offer energizing, easy-to-follow routines in a positive, supportive, and fun setting for all ages and abilities. Drop-in and registration classes available. For drop-in classes, use your annual pass, a multi-visit card or pay a daily drop-in fee. Other classes offer registration to ensure your reserved spot for the entirety of the class. For more information, to view all classes and to register, visit www.ifoohills.org or call 303.409.2114.

Fab Fit middle and high school pass

Present your middle or high school ID and receive a Fab Fit Pass good at Foothills Park & Recreation District's facilities. Open gym and swim, work out, racquetball and indoor track available at the Ridge Recreation Center, Lilley Gulch Recreation Center and Peak Community & Wellness Center. Valid September 1, 2009 – May 31, 2010. Cost is \$129 per school year, or \$18/month. Ages 15 and under required to complete a cardio room orientation. For more information, call 303.409.2100 or visit www.ifoohills.org.

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In 2009, Foothills Park & Recreation District is proudly celebrating 50 years of excellence and service!

Foothills Park & Recreation District, founded in 1959, serves a community of 90,000 residents in a 28 square mile area of unincorporated Jefferson County generally bounded by Hampden Avenue south to C-470 from Sheridan Boulevard west to the Dakota Hogback. The District operates the Ridge Recreation Center, Edge Ice Arena, Lilley Gulch Recreation Center, Peak Community and Wellness Center, four outdoor swimming pools, Indoor Sports Arena, Foothills Golf Course complex, Meadows Golf Course, and 70 park sites totaling more than 2,400 acres and including four regional parks, 42 neighborhood and community parks and 24 greenbelts. In addition Foothills manages six regional trail corridors for public use, which, combined with park trails, total more than 31 miles. For more information visit www.ifoohills.org ,or call 303.409.2100.