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## **For Immediate Release – December 27, 2010**

### **Foothills Park & Recreation District events**

#### **Plan your next party at Clement Park**

Clement Park shelter and amphitheater reservations will be open to the public starting Monday, January 3. Book early for your family reunion, graduation party, or other special occasion. Office hours at the Sports Office in Clement Park are Monday-Friday, 9 a.m. – 5 p.m. For more information, call 303.409.2600 or visit [www.ifoohills.org](http://www.ifoohills.org).

#### **FREE Fitness Frenzy at Foothills, Jan 3-15**

The Fitness Frenzy returns just in time to kick start your New Year's Resolutions! Sample a number of fitness classes to determine which offerings best suit your needs in a good workout – and do it all for free from Foothills Park & Recreation District's Fitness & Wellness Programs. From January 3-15, 2011, Foothills will offer a wide variety of group fitness classes that can be sampled absolutely free of cost. Try as many classes as you like to determine what best meets your fitness needs. Another benefit you receive is the opportunity to meet the staff and find which instructors inspire you to get fit and stay fit. Classes are offered at a variety of times throughout each day and are offered at all Foothills facilities, as well as Southwest Plaza Mall. Visit [www.ifoohills.org](http://www.ifoohills.org) for a full listing of classes offered throughout the Fitness Frenzy. For more information, call 303.409.2114.

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*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](http://www.ifoohills.org), or call 303.409.2100.*