



**South Suburban**  
PARKS AND RECREATION

FOR IMMEDIATE RELEASE  
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Contact: Jamie DeBartolomeis  
303-483-7016

**Jam into the New Year with South Suburban**

It's a brand new year. Perhaps it includes a brand new you. Resolve to embrace the New Year by kicking off 2015 with a heart-pounding, energy boosting morning. Grab a friend and participate in the New Year's Fitness Jams available at three South Suburban recreation centers.

Join in the fun on Thurs., Jan. 1, at Buck Recreation Center, 2004 W. Powers Ave., Littleton; Goodson Recreation Center, 6315 S. University Blvd., Centennial; and Lone Tree Recreation Center, 10249 Ridgegate Circle, Lone Tree.

Participate in a 90-minute fitness jam from 9 -10:30 am, featuring three, 30-min. fitness classes. Take one, two or all three sessions. Daily admission fees apply, and includes access to all center amenities. No registration necessary.

**Buck Recreation Center: 9-10:30 am**

- o Cardio
- o Power Hour Strength
- o Zumba®

**Goodson Recreation Center: 9-10:30 am**

- o Cardio
- o Power Hour Strength
- o Yoga

**Lone Tree Recreation Center: 9-10:30 am**

- o Step
- o Power Hour Strength
- o Zumba®

For more information and to check out all programs and activities, visit [www.ssprd.org](http://www.ssprd.org), or call 303-347-5999.

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