

FOR IMMEDIATE RELEASE: Jan. 2, 2013

CONTACT: Marcheta Strunk, Public Information Office, 623-930-2822

GLENDALE HAS MORE THAN 100 NEW YEAR'S RESOLUTIONS SOLUTIONS

Glendale, Ariz. — What's your New Year's resolution? Lose weight? Exercise more? Improve your well being? Spend more time with your family? Learn a hobby? Do something creative? Whatever your goals for 2013, Glendale Parks, Recreation and Library Services has more than 100 ways to help you reach them.

If your resolution involves losing weight, exercising or becoming healthier, a variety of options are available to you. The Foothills Recreation & Aquatics Center boasts a large fitness center with a variety of cardiovascular and strength training equipment, free weights and a warm up area. It also offers year-round lap swimming, racquetball, jogging/walking track and a rock wall, which can be a fun way to increase the heart rate. The Glendale Adult Center also has a fitness area with cardio machines and strength training equipment. Around 35 classes at these locations are also available to help you reach your goals including t'ai chi, indoor cycling, fitness training, running and walking programs, aerobics, yoga and dance. If an outdoor setting is preferred, Thunderbird Conservation Park has more than 15 miles of hiking trails to conquer with great views of the West Valley and native plants and animals to watch.

Spending quality time with the family is as easy as visiting a Glendale library or a parks and recreation site. With around 50 free events and programs at the libraries such as Acoustic Jam, Paws to Read, the Annual Arizona Songwriters Gathering, Explore Arizona Lecture Series, Board Game Afternoon

- MORE -

RESOLUTION SOLUTIONS

Add 1-1-1

and Story Time, spending time with family or friends is easy and fun. The annual Folk & Heritage Festival, held at the Sahuaro Ranch Park Historic Area, is a great family experience with more than 150 performers. The Foothills Recreation & Aquatics Center features family events throughout the year, starting with its annual Health and Wellness Fair in January. Playgrounds, open spaces for playing catch or kicking a ball, areas for family picnics, sports courts and more are offered in Glendale parks for opportunities for families to come together.

For those wanting to learn a hobby, get creative and meet people, a myriad of classes and activities await you. Special interest classes such as cooking, flower and cake design, organic gardening, photography, oil painting, drawing, sculpting and pottery, languages, guitar, keyboard and singing are available at a variety of locations throughout Glendale. Precious stone polishing and working (lapidary and faceting) belly dance, Mexican folk dance and line dance classes are also available through the Glendale Adult Center.

For more information on all the solutions available to you and your family, call parks and recreation at 623-930-2820, the Glendale libraries at 623-930-3530 or visit www.glendaleaz.com/mycommunity.

###