



**South Suburban**  
**PARKS AND RECREATION**

FOR IMMEDIATE RELEASE

Nov. 14, 2014

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303-483-7016

**Get Fit for Less with Holiday Discounts on Admission,  
Personal Training Sessions and More**

Getting fit just got easier. Save money and feel better for less this holiday season. Fight the battle of the bulge, finesse your physique, or simply maintain your weight with South Suburban's annual holiday sale. Enjoy ten percent savings on personal training sessions, including Pilates reformer; admission punch cards, monthly and annual passes, and massages and facials from Nov. 21 – Dec. 31, 2014.

Customers who purchase a monthly or yearly pass or admission punches have access to all facility amenities and drop-in fitness classes at Goodson, Buck and Lone Tree recreation centers. Punch cards offer the best value; they're available in 15 and 30 punches, and they never expire. Discounted personal training sessions are available for individuals and groups (two to four people), packaged in 3, 5 or 10 sessions. To purchase training sessions at Goodson or Sheridan recreation centers call 303-483-7089, at Buck call 303-730-4610. To purchase training packages at Lone Tree Recreation Center call 303-708-3514.

Discounted monthly and annual passes are available at South Suburban's Buck Recreation Center, 2004 W. Powers Ave., Littleton; Goodson Recreation Center, 6315 S. University Blvd., Centennial, and Lone Tree Recreation Center, 10249 Ridgeway Cir., Lone Tree. Massages are available at Goodson Recreation Center, and facials are available at Buck Recreation Center. For more information, visit [www.sspr.org](http://www.sspr.org), or call 303-347-5999.

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