



DEPARTMENT OF PARKS AND RECREATION

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FOR IMMEDIATE RELEASE

The Department of Parks and Recreation helps residents realize their New Year's resolutions

Sacramento, California, January 6, 2010—The New Year is here! Now is the time to pounce on those New Year's resolutions—getting fit, experiencing new things, learning a new skill. The Department of Parks and Recreation has many affordable ways to help you do just that:

Get Fit:

- Lose last year's belly or love-handles and have money left over for new clothes with a George Sim Community **Fitness Center – 6 Month Membership (\$45!)**; or, **\$15** monthly fitness center memberships at South Natomas, Pannell, Oak Park, and Robertson Community Centers.
- Get in great shape while celebrating the '80s in our **Break Dancing** course (**\$40**)
- Remake your body into all it can be at **Fitness Boot Camp (\$120)**

Experience New Things:

- Discover our region's scenic treasures with **Safari Tours' One Day Tour to Muir Woods and Sausalito (\$72)**
- Grow fruits, vegetables, and a greater sense of community at a **City Community Garden (\$25)**
- Meet neighbors you never knew existed by joining one of many **Neighborhood Walking Clubs (Free!)**

Learn a New Skill:

- Start a dog walking business after completing the Dog Obedience course (**\$125**)
- Take the first step to a new career by enrolling in our Notary Public course (**\$77**)
- Learn important behind-the-wheel skills in the Drivers Education course (**\$75**)
- Unleash your inner Picasso in our Painting course (**\$20**)

For a complete listing of the Department's fitness facilities, special interest courses, and programs, please take a look at the **Spring 2010 Recreation Magazine**, which can be found at <http://www.cityofsacramento.org/parksandrecreation/index.html>.

Media-related inquiries can be forwarded to Hindolo Brima at (916) 808-5972.

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