



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

RECREATION AND PARKS
DEPARTMENT

Media Release

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Contact

Brandi Braun, Recreation and Parks, 614.645.5639

[Web](#) – [Facebook](#) – [Twitter](#) – [Instagram](#)

2016 Fitness Resolution Solution

It is time to start thinking about those New Year resolutions. On Saturday, January 9, the public is invited to join the Columbus Recreation and Parks Department (CRPD) along with Buckeye Health Plan at the Schiller Park Community Center, 1069 Jaeger Street, for the annual **Fitness Resolution Solution** from 10a.m. to 2p.m. This free event allows families and individuals to learn about the many ways that Columbus Recreation and Parks can help them stay healthy in the new year.

Fitness Resolution Solution will feature sample classes offered throughout the City's 29 community centers including Zumba, cycling, yoga, boxing, boot camp, floor hockey, and more. (A complete class schedule is on the following page). The "Healthy You" area will include health screenings along with nutritional treats, tips and cooking demonstrations. Participants will have the opportunity to experience the Schiller Community Center fitness room. This space, and others like it, in 15 the CRPD facilities throughout Columbus, includes free weights, cardio equipment and weight machines.

All attendees that participate in three exercise classes and visit the "Healthy You" area will become eligible to win prizes. Prize drawings are held at noon and 2p.m. Prizes include a Fitbit, an Amazon Fire tablet, gift cards and more.

"Health and wellness is a primary pillar of focus for our Department. We want the community to come out to this event, have fun and experience the great affordable fitness programs we offer" said Tony Collins, Director of Columbus Recreation and Parks Department.

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FITNESS RESOLUTION SOLUTION SCHEDULE*

Room →	Kitchen	Weight Room	Ceramics	Wellness Area	Auditorium	Small Gym	Multipurpose Room	Big Gym
Time ↓								
10:00am	← WELCOME IN BIG GYM →							
10:10am	Food Demo	Fitness Challenges	Cycling		Kids Place (Floor)	Pickle Ball	Yoga	Hockey Line Dancing
10:30am	Food Demo	Fitness Challenges	Cycling		Stiletto Dance Fit (Stage)	Bootcamp	Tai Chi	Hockey Zumba Gold
					Kids Place (Floor)			
11:00am	Food Demo	Fitness Challenges	Cycling		Tae Kwon Do (Stage)	Pickle Ball	Yoga	Hockey Zumba (Hispanic)
					Kids Place (Floor)			
11:30am	Food Demo	Fitness Challenges	Cycling		Stiletto Dance Fit (Stage)	H.I.I.T	Tai Chi	Hockey Zumba Gold
					Kids Place (Floor)			
NOON	← DRAWING IN BIG GYM →							
12:30pm	Food Demo	Fitness Challenges	Cycling		Tae Kwon Do (Stage)	Complete Physique	Boxing	Hockey Zumba (Hispanic)
					Kids Place (Floor)			
1:00pm	Food Demo	Fitness Challenges	Cycling		Stiletto Dance Fit (Stage)	Bootcamp	Line Dancing	Hockey Zumba (Hip Hop)
					Kids Place (Floor)			
1:30pm	Food Demo	Fitness Challenges	Cycling		Line Dancing	H.I.I.T	Boxing	Hockey Zumba (Hip Hop)
2:00pm	← DRAWING IN BIG GYM →							

Columbus Recreation and Parks Department’s Fitness Resolution Solution is made possible through the generous support of Buckeye Health Plan.

*Program schedule is subject to change

CALENDAR INFORMATION

2016 Fitness Resolution Solution

Columbus Recreation and Parks Department

Date: Saturday, January 9

Time: 10 a.m.-2 p.m.

Location: Schiller Park Community Center
1069 Jaeger St., 43206

Description: Columbus Recreation and Parks

For Information: www.columbusrecreparks.com or 614.724.2017