



Media Advisory

December 23, 2019

Plano Parks & Recreation New Year's Resolution: Help Plano Get Fit in 2020



The Plano Parks and Recreation Department has a New Year's Resolution to help our residents make good on their New Year's resolutions. We are opening our doors for a myriad of free and fun opportunities next month. Our goal is to help Plano residents live their best lives in 2020. "We know it can be hard to stick to those New Year's resolutions, so we're here to help," said Susie Hergenrader, Recreation Services Manager. "Our free Demo Day classes and Rec Fest series are all about encouraging each other to lead healthier lives and build a stronger, more connected community."

The department will kick the New Year off with **FREE** fitness classes all day on **Thursday, Jan. 2** at each of our five recreation centers. We call it "Demo Day," where people of all ages can sign up for a number of fitness classes at no cost. Classes available include swim lessons, boot camps, aquatic fitness, art, dance, cooking, kids activities and more. Attendees can browse dozens of Demo Day classes and sign up using [Recreation Online](#) and searching "Demo Day."

Plano Parks and Recreation will also host a series of open house events at each of its recreation centers in conjunction with the City of Plano and the *Its Time Texas! Community Challenge* health initiative. Beginning Thursday, January 9, the *Rec Fest* series will offer free classes, fitness demonstrations, on-site personal trainers, vendor tables, raffles, give-a-ways, and more! A variety of health screenings and nutrition information will also be available.

Mayor Harry LaRosiliere and City Council Members will kick off the *Its Time Texas! Community Challenge* **Thursday, January 9 at 5 p.m. at Carpenter Park Recreation Center**. The "Challenge" will take place from January 6 to March 1. It's a statewide competition inspiring people, organizations, and cities across Texas to choose healthy activities in support of a healthier community. Individuals sign up on behalf of their city or school district and earn points for their community with every healthy action

they submit.

Rec Fest Schedule:

- **Thursday, Jan. 9**
5-8 p.m., Carpenter Park Recreation Center (6701 Coit Road)
- **Friday, Jan. 10**
5-8 p.m., Liberty Recreation Center (2601 Glencliff Dr.)
5-8 p.m., Sam Johnson Recreation Center for Adults 50+ (401 W. 16th St.)
- **Saturday, Jan. 11**
10 a.m.–1 p.m., Tom Muehlenbeck Recreation Center (5801 Parker Road)

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About Plano

Plano, Texas, is the largest city in Collin County with a population of 284,070 as of January 2019. Incorporated in 1873, the city is located 20 miles north of Dallas. Niche and AreaVibes recently named Plano as one of the Best Cities to Live in America. Forbes designated Plano one of America's safest cities. The City offers a high quality of life that includes nationally recognized schools, award-winning parks, and sustainability initiatives and a wide variety of multi-cultural neighborhoods appealing to families, young singles and retirees. Plano is home to the headquarters or regional operations of major corporations such as Toyota, Liberty Mutual, JPMorgan Chase Boeing Global Services, Fannie Mae, FedEx Office, JC Penney, Rent-A-Center, Cinemark Holdings, Denbury Resources and Alliance Data Systems. Our dynamic community features excellent restaurants, vibrant shopping and entertainment venues, a lively historic downtown district and active local arts scene. Easy access to DART light rail and major highways makes Plano a convenient place to live, work and visit. To learn more about Plano, go to our website at plano.gov.