

# NEWS



Contact:

Bob Wayt  
503-614-1218 (direct)  
503-686-5134 (cell)

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## **THPRD OFFERING FREE FITNESS TESTING FOR SENIORS**

The Tualatin Hills Park and Recreation District will offer free fitness testing for seniors (ages 60 and up) on Monday, April 30. The event, to be held in the classroom at Sunset Swim Center, is divided into two, half-hour sessions. The first session begins at 9:30 am, the second starts at 9:55 am. Registration is required, either in person or online at: <http://www.thprd.org/facilities/aquatics/sunset-swim/available-classes>.

Sunset Swim Center is located at 13707 NW Science Park Drive.

The assessment -- conducted by ACSM-certified personal trainer Lela Prewitt and Portland Community College exercise science students -- will gauge functional fitness through simple tests of strength, endurance and flexibility.

“Good functional fitness is the road map for long-term independence and vitality,” said Lela Prewitt, Sunset fitness instructor. As of April 18, there are 12 spots currently available for each half-hour. The event will be held in the classroom, accessible from the parking lot. Participants will not be required to bring a swimsuit or get into the water.

### **About THPRD**

Formed in 1955, THPRD is the largest special park district in Oregon, spanning 50 square miles and serving about 250,000 residents in the greater Beaverton area. The district provides year-round recreational opportunities for people of all ages and abilities. Offerings include thousands of widely diverse classes, 95 park sites with active recreational amenities, nearly 70 miles of trails, eight swim centers, six recreation centers, and 1,500 acres of natural areas. For more information, visit [www.thprd.org](http://www.thprd.org) or call 503-645-6433.

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*Tualatin Hills Park & Recreation District – 15707 SW Walker Rd, Beaverton, OR 97006*