

News



Contact:

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

April 25, 2018

THEY'RE BACK: FREE FITNESS IN THE PARK, WALK WITH ME EVENTS

In the summer of 2017, the Tualatin Hills Park & Recreation District introduced a series of free Fitness in the Park and Walk with Me events. They were designed to bring high-quality health and wellness opportunities -- the same kind patrons get at THPRD facilities -- to neighborhoods.

Response was positive, so the district is bringing the events back in 2018, at the same nice price.

The Fitness in the Park series will feature 55-minute workout classes in selected parks three times a week from June 2 to July 26. Walk with Me sessions will be offered from June 6 to July 18 and consist of guided walks of 2-3 miles using district trails.



THPRD's free Fitness in the Park series brings the same high-quality, instructor-led workouts to local neighborhood parks that patrons regularly get at park district facilities.

A full schedule is available at <http://www.thprd.org/fitness-in-the-park>. All fitness levels are welcome and no registration is required.

“By connecting people to our beautiful parks, we are providing a safe place for them to exercise and learn about THPRD programs,” said Doug Menke, park district general manager. “It’s another extension of our goal to provide access for all.”

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 about 1,500 acres of natural areas. For more information, visit www.thprd.org or call 503-645-6433.

#