

# NEWS



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## **CEDAR HILLS AND GARDEN HOME RECREATION CENTERS TO INTRODUCE POPULAR NEW WORKOUT: BODYPUMP**

Want to get in shape fast? If the thought of pounding the pavement doesn't appeal, check out the latest fitness program arriving this spring at Cedar Hills and Garden Home Recreation Centers.

Bodypump is a non-impact, weights-based exercise class that works every major muscle group using weights, a bar and step. It strengthens, conditions and tones muscles, producing noticeable results – fast.

Classes have a rapid and dramatic effect on body shape,” says Lindsay Bjork, program coordinator at Cedar Hills. “High repetitions with low weights mean you tone your muscles – making them strong and lean, rather than bulky – while also burning calories and fat. After a few weeks of regular classes, participants notice a real difference.”

To experience a free trial of Bodypump or register for spring term, call Cedar Hills at 503/629-6340 or Garden Home at 523/629-6341. Classes run from the end of March to mid-June at both facilities, which are owned and operated by the Tualatin Hills Park & Recreation District.

For a video of Bodypump in action, go to:

<http://www.lesmills.com/global/en/members/bodypump/about-bodypump.aspx>.

Certified Bodypump instructors offer guidance on the correct lifting techniques throughout the class, with people of all fitness levels together, setting their own workout depending on the weight they add to the barbell. Hot sounds and compelling choreography keep students going through the 60-minute workout.

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

“If you’ve always thought that exercise is boring, this class will change your mind,” Bjork said. “The program is incredibly motivating, with dynamic music and an instructor giving constant encouragement and feedback throughout the session. The classes are easy to follow too, with no complicated moves, so there is no danger of feeling self-conscious.”

The Bodypump program was developed in New Zealand by Olympian Les Mills and is an international organization in the fitness industry. All the choreography is developed in conjunction with health experts to ensure the moves are safe and class formats are updated every term so participants stay inspired.

Formed in 1955, THPRD is the largest special park district in Oregon, spanning about 50 square miles and serving more than 200,000 residents in the greater Beaverton area. The district provides year-round recreational and educational opportunities for people of all ages. Offerings include a wide variety of classes and more than 200 park sites, 60 miles of trails, eight swim centers, six recreation centers, and 1,300 acres of natural areas. For more information, visit [www.thprd.org](http://www.thprd.org) or call 503/645-6433.

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