



## El Paso Parks and Recreation Department

### Media Release

# *Golden Age Fitness Program Registration Starts Tuesday*

*Tuesday, September 30, 2014 (8:00 a.m. to 12:00 p.m.) at Del Palacio Recreation Center*

**El Paso, Texas** – A new partnership between the City of El Paso Parks and Recreation Department and UTEP will begin with a new and innovative program called “Golden Age Fitness Program” for individuals 60 years of age and older.

The Program will have an Open House to gather more information about the program and or register from 8:00 a.m. to 12:00 p.m. on Tuesday, September 30, 2014 at the Gary Del Palacio Recreation Center, 3001 Parkwood Dr.

The Golden Age Fitness Program is already at UTEP under the direction of Dr. Sando Dorgo, Associate Professor at the University and the originator of the Program. “We look forward to this partnership and the class will make use of the park, fitness and weight room areas along with the gymnasium while stressing strength, mobility and balance,” said Dr. Dorgo.

The hour and a half classes will start on October 7, 2014 and will be Tuesdays and Thursdays for 10 weeks at 6:00 a.m. and 7:30 a.m. Registration is ongoing after Tuesday either at the Center on online at [www.elpasotexas.gov/parks](http://www.elpasotexas.gov/parks).

***Information – (915) 544-0753 or Dr. Sando Dorgo (915) 747-6091***



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