

121 W. Broadway St.  
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# NEWS RELEASE

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FOR IMMEDIATE RELEASE

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## Parks and Rec adds DDP YOGA to year-round offerings

PROSPER (May 9, 2016) Prosper Parks and Recreation has added DDP YOGA to its ongoing line-up of recreational programs. DPP YOGA is a unique combination of yoga, traditional fitness exercises, dynamic resistance (engaging muscles while moving through poses) and sports therapy.

Created to heal, DDP YOGA workouts can improve muscular strength and dramatically increase flexibility and core strength with little to no impact on joints. Because it delivers a great cardio workout, utilizes a different style and unconventional methods, the exercise regimen bills itself as "It ain't your mama's yoga."

The hour-long workouts will be held on Tuesday and Thursday mornings at 8:30 a.m. starting on Thursday, June 2. Sessions will be held in the soccer area pavilion at Frontier Park, 1551 Frontier Parkway. Cost is \$65 per month. Registration for the workouts and further information can be obtained at [www.ProspersParksandRec.org](http://www.ProspersParksandRec.org). The program is scheduled to run throughout the year.

"We are excited to bring DDP YOGA to Prosper," said Julie Shivers, Recreation Coordinator. "It's a program that can benefit all adult residents, from professional athletes to those looking to lose weight and get in shape."

DDP YOGA instructor Kristal Blanchone has been a fitness professional for almost 15 years. She is the first certified DDP YOGA instructor in Texas and just the fourth woman worldwide. Her certifications include Cooper Fitness Specialist, National Academy of Sports Medicine CPT, Coaching Healthy Behaviors and Level 1 DDPYOGA instructor.

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**ABOUT THE PROSPER PARKS AND RECREATION DEPARTMENT** -- DDP YOGA is part of the regular programming offered through the Prosper Parks and Recreation Department. Additional programs include Stroller Strides by Fit4Mom and Camp Gladiator. For a list of all regular and summer programming, please visit [www.ProspersParksandRec.org](http://www.ProspersParksandRec.org).

**ABOUT THE TOWN OF PROSPER** – The Town of Prosper is a fast-growing suburb with small town charm, located 30 miles north of Dallas at the crossroads of U.S. 380, Preston Road and the Dallas North Tollway in Collin and Denton Counties. Prosper sits on 27 square miles and is home to more than 17,800 people. A home-rule municipality, governed by a council-manager form of government, the town has full-time fire and police departments, including its own dispatch service. As the Town grows to its projected build-out population of 70,000 residents, Prosper's vision is to remain a "Place Where Everyone Matters."