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GLENDALE HELPS WITH NEW YEAR RESOLUTIONS *Fitness, Music & Artistry Events to Help Keep 2015 Goals*

Glendale, Ariz. — As the holiday season nears its peak and rich desserts and big family meals take a toll on the waistline, don't let it dampen the festivities. Regardless of what New Year's resolutions await on the horizon, the City of Glendale can help.

Through the end of January, Glendale's Foothills Recreation & Aquatics Center is hosting a new membership drive. During the drive, visitors can purchase a three month pass for the price of two months, or buy an annual membership and receive an additional two months for free. Membership to Glendale's award-winning facility includes access to fitness and exercise equipment, an indoor track, aerobics classes, open gym hours with basketball and pickleball, racquetball courts, lap swimming, water aerobics and child care. For more details, call 623-930-4600, or visit www.glendaleaz.com/foothillscenter.

For those wanting to ease into a healthier New Year, a variety of yoga and Pilates classes are available at various Glendale city locations. Here is a complete list of [classes](#).

If the New Year brings resolutions to become more musical make sure to attend Glendale's Annual Arizona Songwriters Gathering now in its 19th year. Players and audiences of all ages are welcome to this free event which will feature a performance from Dolan Ellis, Arizona's Official State Balladeer. The day-long event will feature of 72 performers playing on two stages. There will be workshops and lectures on a variety of songwriting topics. For more information visit our January [event listings](#).

Finally, for those wanting to introduce culture and art to the New Year, join an array of artists at the Glendale Arts Council Juried Fine Arts Exhibition. On Jan. 10 -11, artists from across the state will have their works on display to be chosen and juried for the final show at Glendale's Historic Sahuaro Ranch Park that begins Jan. 25. For more information on the exhibition, call 623-930-4201.

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