



Experience the Great Outdoors With Three New Fitness Programs

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For Immediate Release

VICTORIA, BC — The Crystal Pool and Fitness Centre is offering three new ways for residents to improve their fitness levels and experience the outdoors this fall.

Time Out From Life introduces hiking to those who want to give it a try but haven't had a group to go with or known where to start. Hikes take place at various locations throughout the Capital Region. A great way to meet new people and learn a new sport, this six-week program is \$75 and meets Wednesday evenings from 5:30 p.m. – 7:30 p.m. starting Wednesday, September 30. Participants meet at the Crystal Pool and Fitness Centre and travel by mini-bus to a new hiking trail each week.

The Centre's new *Trail Running* program for women educates participants on the importance of physical activity on both the brain and body. Runs take place at various locations in the Capital Region for six weeks on Mondays from 5:30 p.m. – 7:30 p.m. starting September 28. The program fee is \$75 and participants meet at the Crystal Pool and Fitness Centre and travel by mini-bus to a new trail each week.

The *Family Adventure Race* offers a fun opportunity for family members to work together solving puzzles and participating in a scavenger hunt at Thetis Lake. Families learn to think outside their comfort zone and challenge themselves to work together as a team. Return transportation from the Centre is included in the fee. The *Race* takes place on Saturday, September 26 from 1 p.m. – 4:30 p.m. Families of four are \$95, families of three are \$71, or \$48 for a family of two.

For more information on these programs or other outdoor pursuit opportunities, please contact the Crystal Pool and Fitness Centre at 250.361.0732.

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Please consider this announcement for your community calendar or events listings.

For More Information:

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