

For Immediate Release

September 15, 2008

Carleton Place & District Memorial Hospital Foundation
Carleton Place, ON

Heritage Fitness Hosting Decathlon on behalf of Carleton Place Hospital

On October 4, Heritage Fitness will be unveiling its recent 2000 square foot expansion, *CoreFit*, to the community and will celebrate the event by hosting an open house which will include a team decathlon. The funds from the decathlon will be directed towards the purchase of a cardiac and transport central monitor for the Emergency Department of the Carleton Place & District Memorial Hospital (CPDMH).

“We wanted to do something special to showcase our expansion and when we started planning the event we thought it would be a good idea to include the hospital, our charity of choice, in our plans,” stated Kevin Price Owner of The Heritage Community Fitness Centre. “We hope the community and particularly our members will come to check out the addition to our building and more importantly decide to participate in the decathlon and the other events we have planned throughout the day.”

The decathlon is geared to all fitness levels and requires teams of four to participate in 10 events, such as a stair master climb, a trivia challenge and an obstacle course, that are a combination of team and individual oriented activities. The registration fee for the event is \$60 and members and non-members of the fitness centre are encouraged to participate. The event will offer prizes in various categories and Heritage Fitness will match the funds raised for the Hospital by the decathlon up to \$1000.

In addition to the decathlon, Heritage Fitness will also be hosting a barbeque catered by Ballygiblin’s Restaurant and Pub from 11 am to 2 pm, a master fitness class from 10:30 – 12:30, and a fitness fair throughout the day. The fitness class will have 7 different instructors teaching the class for the scheduled two hours and donations to the Hospital will be accepted as admission to the class. The fitness fair is free and provides the community with the opportunity to ask local health and fitness professionals about the services they provide.

“October 4 is intended to be a fun day to thank our members for the support we’ve received since we opened in April 2007. It also presents an opportunity for non-members to come by and see our facility while meeting our instructors and personal trainers”, stated Casey Carswell, Director of Programs and Services for Heritage Fitness. “I’m really looking forward to seeing who accepts the challenge of our Master Fitness class as well as to see how the participants respond to some of the challenges that we have designed for the Decathlon.”

In May 2008, The Heritage Fitness Centre broke ground on *CoreFit* to accommodate larger group fitness classes, functional training equipment and speciality instruction. The project will allow for a variety of new programs, and additional space for the *Townend Sports Medicine* clinic located within Heritage Fitness. For more information on the schedule of events or to register for the decathlon or the Master Fit Class please visit www.heritagefitness.ca.

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