

# COWICHAN SPORTSPLEX

## JOIN US FOR 16 NIGHTS OF FRESH AIR & FITNESS

(not to mention the great feeling  
that goes along with getting in shape)



## 4-WEEK FITNESS CHALLENGE

MAY 5<sup>TH</sup> to 29<sup>TH</sup> 2008

MONDAY to THURSDAY 7–8PM



This event proudly sponsored by Steel Pacific Recycling

## 4-WEEK FITNESS CHALLENGE

(we know you're up for it!)

Get active | Meet new people | Try new things  
Challenge yourself | Support your Sportsplex

The 4-Week Fitness Challenge is four weeks of activities and classes designed to get our community active. We will meet at the Cowichan Sportsplex from 7-8pm on Mondays to Thursdays in May.

A different training session is planned for each night, including:

- > Boot camp
- > Jazzercise
- > Yoga
- > Soft ball clinic/game
- > Fit camp
- > Walk/run clinic
- > Aerobic/step class
- > Martial arts
- > Circuit training

Sign up and enjoy 16 nights of fresh air and fitness! Learn more about healthy activities that are available right here in your community!

All proceeds raised from this event will go directly to the Cowichan Sportsplex – the heart of our healthy community.

Cost: \$75 per person (less than \$5 per night)

Prizes: We've got some great prizes to give out to active and enthusiastic participants.

If you would like to join the 4-Week Fitness Challenge as a participant or as a sponsor, please contact:

Simah Dodd, Event Coordinator  
250.746.5666 | Sportsplex1@telus.net

COWICHAN  
SPORTSPLEX



Steel Pacific Recycling is a proud sponsor of the  
Cowichan Sportsplex

[www.KeepItInPlay.com](http://www.KeepItInPlay.com)