



REGIONAL DISTRICT
of Fraser-Fort George

MEDIA RELEASE

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Regional District Opens New Fitness Centre in Valemount

The Regional District of Fraser-Fort George officially opened the doors to a new fitness facility at the Canoe Valley Recreation Centre in Valemount. The new facility is state of the art, featuring brand new cardio machines, weight training equipment and fitness equipment.

The fitness centre cost just under \$100,000 to construct and equip. The Regional District of Fraser-Fort George provided the funding for the project and is pleased to have a facility for the community to pursue active living interests.

The Regional District of Fraser-Fort George worked with the Canoe Valley Recreation Management Committee to ensure the new fitness centre would be a reflection of the community's needs. The centre offers reasonable rates and has extended hours to make it more accessible to the community. The fitness centre will be open 6:00 AM – 10:00 AM and 4:00 – 8:00 PM, Mon. to Fri.)

Regional District Area H Director Ken Starchuck says the new fitness centre provides a great opportunity for residents in the Valemount area to enjoy a healthy, active lifestyle. Director Starchuck says the Regional District was pleased to work with the Canoe Valley Recreation Management Committee to develop the new centre.

Valemount Mayor Bob Smith congratulates the Regional District of Fraser-Fort George and the Canoe Valley Recreation Management Committee for their work in developing the fitness centre. "It's exciting to have a facility like this for the residents in Valemount to enjoy. We hope that the addition of this new fitness centre will contribute to the overall health of our community," says Mayor Smith.

Director Starchuck added that while today is about celebrating the opening of this great facility, he would like to recognize the contributions of Rob Ellement, who passed away this past February. Rob was the Recreation Facilities Manager for the Regional District. "Rob was very excited about having something like this for Valemount, and while he isn't here today to celebrate with us, we know he would be very proud to see how it all turned out."

For further information please contact:

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