

COMMUNITY EVENT/CALENDAR LISTING

For Immediate Release



TRY SOMETHING NEW

Mark your calendar. FUSION Fitness Foursome is approaching!

On **Tuesday, May 13, 2008**, at 6pm next generation members will gather on the Commons to celebrate fitness and try something new.

The FUSION Fitness Foursome was inspired by the need to motivate next generation members to get together and get active. At the event, bootcamp, sports agility, hula hooping and tai chi demonstrations will be hosted by four local experts, after which, attendees will be invited to join their 'trainer of choice' to try out a new fitness experience. The 2008 fitness experts include: PUSH Fitness, 360 Wellness and Fitness, Studio in Essence and Taoist Tai Chi Society.

Since October, FUSION Halifax has been working to ignite and inspire the 20-40 year old residents of HRM to make their city a better place to live, work and play. This spring the FUSION Health and Wellness team was formed. The group's ambition is to create a happy, healthier generation that is knowledgeable in the resources of the community, and uses them.

The FUSION Fitness Foursome is the must-participate event of the year that attracts everyone from first-time exercisers to fitness enthusiasts in the community. The post-event celebration includes Dasani water and Powerade beverages donated by the Coca Cola Company of Canada.

When: Tuesday, May 13th, 6pm
Where: Halifax Commons, Field 8
Wear Your: Comfy Clothes

Register for the FUSION Fitness Foursome at fusionvitaliy@gmail.com or for more information visit: www.fusionhalifax.ca

About FUSION Halifax

FUSION Halifax is a networking group created by and for young people who are inspired to make their city a better and more sustainable place to live, work and play. Through its members, volunteer committees and dynamic networks, FUSION Halifax showcases existing opportunities – and unleashes new ones—that encourage civic and community engagement. For more information or to join FUSION Halifax, visit www.fusionhalifax.ca

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MEDIA REQUIRING FURTHER INFORMATION, PLEASE CONTACT:

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