

Annual Megathon at the BWG Leisure Centre encourages trying a new activity while raising funds for cardiovascular health

Bradford West Gwillimbury, ON (*January 25, 2019*) – The fifth annual Megathon fundraiser returns to the Bradford West Gwillimbury Leisure Centre on Saturday, February 23 from 8:00 to 11:45 a.m.

The Megathon is a morning of back-to-back 35-minute fitness classes for both members and non-members. For a minimum \$10 donation, participants can take part in one activity, or for \$30 they can choose up to five activities, with funds raised going to support the Southlake Regional Health Centre's Cardiovascular Prevention and Rehabilitation Program.

Activities available this year are Aquafit, Cycle, Kettlebell, Kelani, Bootcamp, Stretch, Body Shred, Zumba, Yoga or Walk-a-thon. Child-minding is available at the normal fee, with hours extended for event participants from 7:45 to 11:45am. The full instructor schedule is available at www.bwgleisurecentre.ca/megathon. Classes fill up quickly! Reserve your spot today by visiting the second-floor Fitness Centre

To date, the Megathon has raised a total of \$6,536 for Southlake's cardiovascular program, which aims to educate the community and assist individuals with cardiovascular disease or at high risk of cardiovascular disease to reduce the risk of a future heart attack or stroke. Megathon organizers hope to reach the \$10,000 mark within next two years.

"We are very proud to be a satellite site for the cardiac prevention and rehabilitation program," says Stephanie Uren, Fitness Supervisor. "The Megathon is our way to give back to a program that we see the benefit of first hand."

"The Southlake team of staff and volunteers are key to the program's success, and our work with them has evolved and grown into the great partnership we have today," Stephanie says. "We look forward to this event every year because it's a lot of fun for a great cause! It's also a great time to try a new class, meet the BWG instructors and connect with the community in a positive way."

For more information, please visit www.bwgleisurecentre.ca/megathon.

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