

## News Release



FOR IMMEDIATE RELEASE

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### **Long-awaited fitness studio coming soon to the Cowichan Lake Sports Arena**

**Lake Cowichan, BC** – A new fitness studio at the Cowichan Lake Sports Arena will soon provide residents in the western end of the region with a dedicated space for weight training and cardio fitness.

The need for such a public space in the Cowichan Lake area has been expressed by residents for years, but it was only recently that funds became available to utilize existing space without compromising the existing recreation services which includes skating and curling rinks. The CVRD Board of Directors approved the budget for the purchase of the fitness equipment in March 2022.

“Due to the pandemic we ended up with surplus funds that went to reserves, and the recreation commission approved spending some of those funds on the fitness equipment needed to finish the studio,” said Linda Blatchford, Manager of Cowichan Lake Recreation. “It’s one of the good things that’s come out of bad situation, and we are thankful to make this much requested service a reality for our residents.”

Residents of the Cowichan Lake area, which includes the Town of Lake Cowichan, Area F – Cowichan Lake South/Skutz Falls and Area I – Youbou/Meade Creek, have indicated over the past number of years their desire for a dedicated fitness studio at the Cowichan Lake Sports Arena. Residents initially identified this need in 2005 during a study of the curling rink, and that desire was reaffirmed in public engagement that occurred more recently in 2017.

“I am so pleased that we are able to add this much-requested offering without sacrificing any of our existing recreation services,” said Thor Repstock, Chair of the Cowichan Lake Recreation Commission. “We know this is going to be a highly-utilized space once it’s open later this year, and it’s always great news when we can meet the recreational needs of our growing community with solutions that are close to home.”

The 1305 square-foot fitness studio will include a range of equipment, including a rowing machine, treadmill, fitness power rack, recumbent linear cross-trainer, recumbent bike, elliptical, force functional trainer, weight bench, weight rack and weights, medicine balls, hand weights, kettlebells, ropes and pullies. CLR Staff, along with the CVRD procurement division will be awarding the contract for purchase, delivery and installation of the fitness equipment in the near future.

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