

Join Alta Canyon Sports Center in the 2019

Heart Healthy Ride-a-Thon

February 14, 8am-8pm



Alta Canyon Sports invites the community to celebrate Valentine's Day a different way this year – by focusing on their heart health. The “Heart Healthy Ride-A-Thon” will be 8:00 a.m. to 8:00 p.m. Thursday, Feb. 14 at Alta Canyon Sports Center, 9565 S. Highland Dr, Sandy UT. There will be two recumbent bicycles provided for the event.

The purpose of hosting the challenge at ACSC is to encourage community members to participate in a healthy activity for Valentine's Day. February is American Heart Month, a great month to encourage regular physical activity as a weapon against heart disease.

Those interested in participating can sign-up at the Center for a pre-determined time slot (30 minutes). The goal is to complete at least 15 hours of cardiovascular exercise during the event on Valentine's Day. Membership not required, no fee to participate. . Participants must be at least 16-years-old.

Once you've completed your 30 minutes, receive a heart token from the Front Desk.

For more information or to register for the “Heart Healthy Ride-A-Thon”, call Alta Canyon Sports Center at 801.568.4600