



Media Release

FOR IMMEDIATE RELEASE

May 8, 2019

Friends of The Thread to Host Free Pop-Up Workouts Starting Saturday, May 11th

LaGrange, Ga. May 8, 2019 – Friends of The Thread will host its first pop-up workout this Saturday, May 11th at 9:00 a.m.

Representatives from The Body Shop will host a boot camp workout on the first segment of The Thread at the trail head on West Haralson, behind St. Mark's Church.

Friends of The Thread are partnering with local businesses who will host the free pop-up workouts along The Thread this summer.



Pop-Up Workouts on The Thread begin Saturday, May 11th

“We want to get our community here in LaGrange healthy and exercising on The Thread,” said Friends of The Thread Executive Director Natalie Hale. “We’ll have yoga, PiYo!, a boot camp, running, and a litter cleanup on The Thread this summer. We invite everyone to come out and join us.”



Pop-Up Workouts on The Thread begin Saturday, May 11th

All of the pop-up workouts will take place Saturdays at 9:00 a.m. throughout May & June and will take place at different locations on The Thread.

The Thread Pop-Up Workout Schedule:

Saturday, May 11th at 9:00 a.m., Boot Camp with The Body Shop
First Segment of The Thread at West Haralson Trail Head behind St. Mark’s Church

Saturday, May 18th at 9:00 a.m., PiYo! with Towne Fitness
First Segment of The Thread at West Haralson Trail Head behind St. Mark’s Church

Saturday, June 1st at 9:00 a.m., Fun Run with Moms Run This Town
First Segment of The Thread in the Granger Park parking lot

Saturday, June 8th at 9:00 a.m., Yoga with The Inner Path
First Segment of The Thread at West Haralson Trail Head behind St.
Mark's Church

Saturday, June 15th at 8:00 a.m., Litter pickup & scavenger hunt with
the City of LaGrange, Leaving LaGrange Better Than We Found It
Second Segment of The Thread, Eastside Park, 240 Niles Street

Saturday, June 22nd at 9:00 a.m., Yoga with The Center for Mindful
Exploration
First Segment of The Thread at West Haralson Trail Head behind St.
Mark's Church

All of the pop-up workouts are free and open to the public.

More on The Thread: The Thread is an environmentally sensitive, non-motorized, multipurpose trail designed to increase the health and wellness of the community through providing a safe environment in LaGrange, Georgia for fitness, recreation, transportation and special events. Currently, The Thread has a total 29 miles of trails planned in the next nine years.

For more information go to www.thethreadtrail.org.

Media Contact: Natalie Hale, Friends of The Thread Executive Director,
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