



Fraser Valley
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FOR IMMEDIATE RELEASE
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“Tangled Movements with Tami MacKinnon comes on board as new GymWorks™ Community Partner.”

Kamloops, BC – PacificSport Interior BC is pleased to announce its newest yoga studio, Tangled Movements, as a GymWorks™ Program Community Partner!

Tangled Movements is an innovative yoga studio offering programming for varying levels of experience, abilities and intensity. With an athletic background as an NCAA and CIS basketball player, owner Tami MacKinnon made a smooth transition to triathlete and long distance running, which lead her to the study and practice of yoga. Tami currently has over 200 hours Vinyasa and Power Yoga Training, has begun her Kids Yoga Training and is actively training athletes and sport groups in Kamloops and surrounding area. Tangled Movements is a boutique studio space in downtown Kamloops which allows for personal connection and hands on adjustment to all who participate in a class. Tami will be offering our registered high performance athletes and coaches a discounted \$5 drop-in, \$25 monthly unlimited class membership and a \$50 flat rate for 60-minute team sessions.

Check out www.tangledmovements.com for class times and stop by the studio at 302 - 248 Victoria Street to try yoga!

GymWorks™ is a PacificSport community partnership between leading fitness facilities, health clubs and/or community centres across British Columbia and the BC Network of PacificSport Centres. This program enhances the training environment for the athlete by providing local, free or discounted access to training centres. It is a community partnership in support of Canada's top Olympians, Paralympians and other high performance athletes who call BC their home.

Sport Performance Coordinator, and 2-time Olympian, Eryn Bulmer Barrett notes, “there’s minimal financial support for amateur athletes as they work toward the elite levels in sport. Most often it’s the bank of mom and dad working over time, so it’s amazing when local businesses step up to support developmental athletes and coaches. We are honoured to work together in partnership with Tami MacKinnon and feel very fortunate our region is so sports-minded and generous.”

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