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FOR IMMEDIATE RELEASE

Metro Your Travel Ticket to Fitness, Nighttime Fun on Cable TV's *L.A. in a Day Via Metro*

Getting to many of the L.A. area's most popular night spots couldn't be more convenient than on the Metro System, which also could be your ticket to better physical fitness. Set to debut in Los Angeles Nov. 12 on cable television channel LA36, *L.A. in a Day Via Metro, Night Pass* and *L.A. in a Day Via Metro, Metro Fit* with fitness expert Kathy Smith are the latest installments in Metro's ongoing *L.A. in a Day Via Metro* series.

Do your nighttime entertainment plans include Universal City Walk, Olvera Street, Pine Avenue in Long Beach, Hollywood or Old Pasadena? These L.A. area hotspots and more are a hassle-free Metro ride away as you'll see on *L.A. in a Day Via Metro, Night Pass*.

Get off the couch and get moving on *L.A. in a Day Via Metro, Metro Fit* with Kathy Smith who'll show how getting into shape is as easy as taking Metro. Whether you take a Metro Bus, Metro Rail, or both for work, school or recreation, Smith gives tips on how to make Metro part of your exercise routine.

L.A. in a Day Via Metro, Metro Fit will air on LA36 at 8 p.m. followed by *L.A. in a Day Via Metro, Night Pass* at 8:15 p.m. on three consecutive Fridays, Nov. 12, 19 and 26.

The *L.A. in a Day Via Metro* series is a joint production of Metro and LA36, the government access cable channel owned and operated by the City of Los Angeles.

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