

12 Days of Fitness underway

(Penticton, BC – December 4, 2018) – The City of Penticton’s Recreation department kicked off its annual 12 Days of Fitness, this past weekend. The program runs from December 1st to December 12th and features one free activity daily. Yesterday, the community enjoyed having a free public skate from noon to 1pm.

“This annual campaign is our way of bringing some holiday cheer as well as saying thank-you to our community.” says Recreation Business Supervisor, Kelsey Johnson. “Offering these free activities gives everyone a chance to experience a variety of the programs that we offer.”

The full list of activities is listed below:

Saturday	Dec 1	FREE Entry to the Fitness Room	1:00 - 4:00pm
Sunday	Dec 2	FREE Lane Swim	7:00 - 8:00pm
Monday	Dec 3	FREE Public Noon Skate	12:00 - 1:00pm
Tuesday	Dec 4	FREE Aqua Zumba	5:30 - 6:30pm
Wednesday	Dec 5	FREE Dru Yoga	12:00 - 1:15pm
Thursday	Dec 6	FREE Entry to the Fitness Room + Child Minding	5:30 - 7:30pm
Friday	Dec 7	FREE Drop-in 55+ Volleyball	8:00 - 10:00am
Saturday	Dec 8	FREE Gymboree	9:30 - 11:30am
Sunday	Dec 9	FREE Lane Swim	7:00 - 8:00pm
Monday	Dec 10	FREE Drop-in Badminton	12:30 - 2:30pm
Tuesday	Dec 11	FREE Body Blast	12:05 - 1:05pm
Wednesday	Dec 12	FREE Women's Fighting Fitness	5:45 - 6:30pm

Contact:

Kelsey Johnson
Recreation Business Supervisor
City of Penticton
250-490-2441



Caption: Residents were invited to enjoy free skating at McLaren Park Arena on the third day of the 12 Days of Fitness.