

12 Days of Fitness spreads free holiday cheer

(Penticton, BC – Nov. 29, 2022) – The most wonderful time of the year has returned, and the City of Penticton’s Recreation department is celebrating by offering free daily fitness offerings between Dec. 1-12. The 12 Days of Fitness campaign will include activities at the Penticton Community Centre and McLaren Arena.

“This campaign is our way of bringing some holiday cheer and giving the community an opportunity to experience a variety of activities that we offer,” says Recreation Coordinator Joshua Bibbs. “Whether you’re a regular user of our facilities, or you’re a first-timer looking for new recreation options, we welcome you to have fun and try something new.”

Offers include yoga, lane swims, drop-in sports, group fitness classes, holiday themed workouts and more. Registration is recommended by not required. A full list of event details is available at penticton.ca/12days

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