



—JEUX DU—  
**CANADA**  
—GAMES—

**SPORT FOR  
LIFE CENTRE**

**145 Pacific Avenue**

# **FREE FITNESS DAY**

**Saturday, January 13, 10am-2pm**

## **FREE FITNESS CLASSES & PROGRAMMING**

Yoga • Spin • TRX • Strength Training • Fit Kids Healthy Kids  
• Sport Parent Workshops • And more!

## **ONE-TIME SPECIAL OFFERS**

- Discounted Memberships • 25% off personal training
- 10% off hockey, golf, run, and all specialty programs



**GRAND  
PRIZE**  
6-MONTH  
MEMBERSHIP

Pre-register to book a spot in class and win prizes!  
**[sportforlifecentre.ca/free-fitness-day](http://sportforlifecentre.ca/free-fitness-day)**