

## SPORT FOR LIFE CENTRE

145 Pacific Avenue

## FREE FITNESS DAY

Saturday, January 13, 10am-2pm

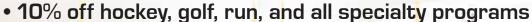
## FREE FITNESS CLASSES & PROGRAMMING

Yoga • Spin • TRX • Strength Training • Fit Kids Healthy Kids

• Sport Parent Workshops • And more!

## **ONE-TIME SPECIAL OFFERS**

Discounted Memberships
25% off personal training





Pre-register to book a spot in class and win prizes! sportforlifecentre.ca/free-fitness-day