



Make Health and Wellness Your Family's Focus for 2017 with *Try it Free*, January 2-15, 2017

Date: Monday, December 5, 2016

For Immediate Release

VICTORIA, BC – Start off 2017 with active, fun and healthy activities for you and your family. January is a perfect time to make health and wellness a focus because it is important, fun and free!

Try it Free invites you to sample a range of programs at no charge, and includes programs for ages two and up.

Join us Monday, January 2 – Sunday, January 15, 2017 for *Try it Free*. This annual campaign of free sample classes offered at the Crystal Pool and Fitness Centre, Save-On-Foods Memorial Centre and at participating community centres encourages the community to try new things, have some fun and get active. Take the opportunity to sample over 120 popular activities for FREE such as yoga, skating lessons, Spanish lessons, Zumba, small group personal training, Hip Hop for kids, deep water running, sport ball, carpet bowling, High Intensity Training (HIIT) and kids karate.

For a complete of the free activities offered in early January, visit www.victoria.ca/recreation and follow the links to *Try it Free*.

Register online at www.victoria.ca/recreation or call 250.361.0732 for *Try it Free* activities offered at the Crystal Pool and Fitness Centre and Save-On-Foods Memorial Centre. Please contact community centres directly to register for their *Try it Free* programs.

— 30 —

Please consider this announcement for community calendar or events listings, newsletters, and email groups.

For More Information:

Josh Taylor
Programmer, Adult Health and Wellness
Parks, Recreation and Facilities Department
250.361.0719