

LIFT SOME WEIGHTS WHILE YOU WAIT.

Why wait to get stronger?

ACTIVE IS WHAT YOU MAKE IT



ACTIVE IS FOR LIFE!

www.activecomoxvalley.ca

Find out how to get active at little or no cost - there are plenty of **free** and **low-cost activities** in the Comox Valley to get you energized. Pick up the **Active is for Life brochure** at your local recreation centre and be prepared to get moving!

Toonie Swim – Comox Valley Aquatic Centre
Fridays – 3:30 – 5:30 pm.
For more information call (250) 334-9622



NO MEMBERSHIP FEES REQUIRED.

Enjoy the ride to better health.

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Climb Your Way to Better Health!
Using Cumberland Recreation's Climbing Wall.
Drop-in price for adults \$4!
For more information call (250) 336-2231



NO MEMBERSHIP FEES REQUIRED.

Playing outside can give you quite a workout.

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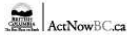
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Black Creek's Fitness Studio

Drop-in price for adults \$5! (complimentary orientations and weight training advice available; complimentary child minding also available at certain hours)

For more information call (250) 337-5190



YOUR PERSONAL TRAINER.

Let the dog walk you.

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Family Fun on Friday Nights at Comox Community Centre ~ 6:30 – 8:30 pm

Only \$2/person!

For more information call (250) 339-2255



THESE STAIRS DON'T MOVE, YOU DO.

Get health benefits from every step.

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TOONIE SATURDAYS! Drop-in Fitness Classes

Courtenay Rec Lewis Centre
Until December 31

For more information call (250) 338-5371

