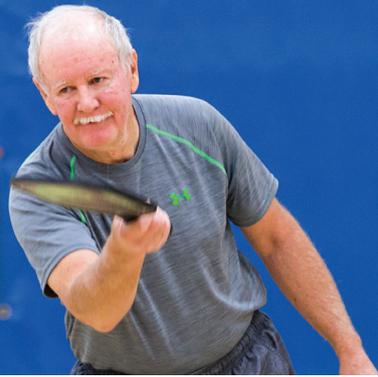


Get Out and Get Active

with Recreation Penticton



There's no better time than now to add some physical movement into your health and wellness routine. The benefits of regular physical activity are endless, especially as we age. It improves brain function, reduces stress, prevents disease, boosts mood, improves sleep, and best of all, its fun! If you are looking to achieve any or all of these benefits, then look no further than the Penticton Community Centre where you'll find a wide variety of facilities and amenities to help you get moving.

Aquatics: The swimming pool at the Community Centre is a great way to implement a variety into your wellness routine. All 3 pools are easily accessible and a flexible lane schedule ensures that there are always lanes available. If you're searching for programs that are easy on the joints, check out our vast selection of Aquatic Fitness programs. These will get your heart rate up in a safe and low impact environment. Make sure to reward yourself with a relaxing dip in the hot tub or a soothing sit in our sauna or steam room.

Fitness Room: We have a wide variety of cardio,

strength training and stretching equipment and much of this equipment is designed specifically for, or is adaptable to, the Active Agers population. Fitness Room Orientations are available for those with little or no experience in the gym. This program shows you how to use all equipment safely and effectively before starting a working routine.

Fitness Classes: Group fitness classes might also be something that will help get you active this year. The Community Centre has several adult fitness classes to choose from including Yoga, Pilates, Tai Chi, and Zumbas. All of these are adaptable to your individual physical ability and our excellent instructors will keep you motivated.

Drop in Sports: If a little friendly competition is more your style, we recommend our drop-in sports. There are 4 sports to choose from including badminton, pickleball, basketball and 55+ volleyball. Be sure to stop by and give one of these a try; you'll be glad you did.

Recreation Penticton is committed to helping you get out, and get active! Give us a call today.

Kelsey Johnson, Recreation Business Supervisor



Energize for less with
our senior discounts

250.490.2426

www.penticton.ca/recreation

RECreation
PENTICTON

Rejuvenation
through
Recreation

