

Get Active with Your Family at St. Francis Xavier Sports Centre

Are you and your family looking for a way to stay active? How about the Active Families event at St. Francis Xavier Sports Centre on December 15, 2013? This fun-filled day has something for everyone. Flex your muscle with family circuit training. Navigate your way through the obstacle course. There's even a jumpy castle!

Date: Sunday, December 15, 2013

Time: 2 to 6 p.m.

Location: St. Francis Xavier Sports Centre, 9240 163 Street

Cost: Regular admission rates apply



Active Families encourages families to make fitness a fun part of their daily routine and encourages kids to stay physically active throughout their entire lifetime.

For more information, please visit:

[St. Francis Xavier Sports Centre Events](#)

Media contact:

[Chastity Anderson](#)
Communications Advisor
780-496-8771

Share:     

3rd Floor, City Hall
1 Sir Winston Churchill Square NW
Edmonton, AB
T5J 2R7
www.edmonton.ca

[Subscribe](#) | [Unsubscribe](#) | [Printer Friendly Version](#)

This email was created and delivered through [Mailout](#)