

Public Service Announcement

June 03, 2015

City of Edmonton

Free Admission for National Health and Fitness Day

Make it your mission to get active this Saturday. Londonderry Fitness and Leisure Centre and Mill Woods Recreation Centre will offer free admission on Saturday to mark National Health and Fitness Day.

Date: Saturday, June 6, 2015

Time: 2 p.m. – 6 p.m.

Locations: [Londonderry Fitness and Leisure Centre](#)
[Mill Woods Recreation Centre](#)

Go for a swim or do a workout. The pool and fitness centres at both facilities will be available from 2 p.m. to 6 p.m. Londonderry Fitness and Leisure Centre will have drop-in yoga from 4 p.m. to 5 p.m. and Mill Woods Recreation Centre will have drop-in Zumba from 4:30 p.m. to 5:30 p.m.

National Health and Fitness Day is celebrated on the first Saturday of June. Its goal is to bring communities across the country together in fostering a healthier, active Canada.

For more information:

Visit edmonton.ca/recreationcentres

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