

NEWS RELEASE

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New Year, New Promotions

Fitness options available through Nanaimo Parks and Recreation in 2018

Starting January 2018, City of Nanaimo Parks and Recreation have rolled out two new promotions for a limited time aimed at motivating residents to "take a moment to move" in 2018.

The Winter Thaw Fitness Promotion offers three months of unlimited fitness classes for only \$150, or a monthly option of \$52 per month. This pass allows for flexible, drop-in access to several classes including Zumba, Yoga, Crunch Class and many more.

"The community's desire for drop-in options continues to grow and we wanted to meet the demand by offering a mix and match program which is proving to be very popular," says Kathy Gonzales, Recreation Coordinator.

The Active Pass, formerly known as a RecPass, is available to families and individuals on a month-by-month basis and gives pass holders unlimited access to drop-in swimming, skating, weight rooms and gymnasium programs. Liz Williams, Manager of Recreation Services explains, "this special, discounted rate is available until August 2018. In late August Parks and Recreation will be changing to a new registration software program, once this occurs the 3, 6 and 12 month Active Passes will be available."

Both passes are available for purchase at Oliver Woods Community Centre, Beban Pool, Nanaimo Aquatic Centre and the Bowen Park complex. For more information, visit www.nanaimo.ca or call 250-756-5200.

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