

A DAY at the ALLAN & JEAN MILLAR CENTRE

GUEST SPOTLIGHTS

What they love about us!

ROTARY RUNNING TRACK



Dave & Peggy

Our favourite parts? The friendly, accommodating staff, the running/walking track, the stationary bikes, and workout equipment for everyone's needs.

CHILDMIND



Renee

I truly appreciate having access to a gym with a childcare facility. It's wonderful knowing my kids are cared for while I work out. They get to be active and social with other children.

Win Win for our family.

PICKLEBALL



Angelina

I just love to be here!

MOVEMENT & STRETCH



The Troublemakers

Just walking through the doors brings an element of peace, and once Kara starts in with her gentle movements to increase our flexibility, you can feel the exhalation of calm throughout the room.

