

Registered Classes

Ballet Fit (16+)

Date: Jan 10th – Mar 14th
Mondays @ 7:30pm – 8:30pm

Location: Art In Motion Dance Studio
Cost: \$95.00/10 plus HST— Registration ONLY
This class is suited to teens and adults with no prior ballet experience who want to increase their fitness level, increase mobility and flexibility and move with grace and poise. Class will focus on stretch, strength, coordination and artistry.

Power Pilates (16+)

Date: Jan 6th – Jan 27th
Thursdays @ 6:15-7:30pm

Location: Sportsplex
Cost: \$80.00/4 plus HST— Registration ONLY
Back by popular demand—Lorna has a fast-paced class that will incorporate short, low impact cardio intervals with longer intermediate Pilates exercise intervals. The Pilates exercises will incorporate mat and band exercises learned last year that will leave you feeling invigorated.

***These classes have a different price because they are specialty programs with different time-lines.**



Are you getting your money's worth?

Did you know there are four ways to sign up for a fitness class?

- Drop In - \$6.00
- Strip Tickets - 10 tickets for 48.00 (works out to \$4.80 a class)
- Month Pass (Unlimited and good for the Pool and Fitness)
 - Adult -\$64.00
 - Student-\$38.40

Register-If you register for your favourite class it works out to be \$4.50 a class. This is your cheapest option!
If you choose to register for a class and the session has started don't worry, we will prorate the fee.

***Great classes are cancelled because of low attendance.
So register today!***

Terrace Leisure Services is proud to offer a variety of fitness classes for our community. We are continually modifying and improving our existing classes and times of operation to provide you with the options you want.

If you have any suggestions of ideas that would be helpful to us in programming or would like to teach some classes yourself, contact us at the numbers below:

Terrace Sportsplex

3320 Kalum St
Terrace, BC
V8G 2X8

Phone: 250-615-3000
Fax: 250-615-3010
E-mail: leisureservices@terrace.ca
Website: www.terrace.ca



Terrace Sportsplex

Fitness Schedule Jan 4 —July 1



Call 250-615-3000 for more information



Fitness Schedule: Jan 4th – July 1st

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Complete Cardio Mix	All About Muscle	Complete Cardio Mix	All About Muscle	Complete Cardio Mix
9:00am	Step	Zumba @9:15am	Muscle Circuit	Zumba @9:15am	Athletic Land
10:30am		Fit After 50			Fit After 50
5:00pm	Yoga "NEW"				
12:10pm			Nooner "NEW"		
5:15pm	Boot Camp "NEW"		Total Ball Conditioning		
6:15pm Registration Class				Power Pilates "NEW"	
6:30pm	Cardio Blast	Yoga	Zumba	Yoga	Zumba
7:30pm Registration Class	Ballet Fit				

Yoga

Union of the body with consciousness and the soul. Helps to maintain a balanced attitude in day to day life and builds skills in the performance of one's actions.

Zumba

Achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

All About Muscle

A total body workout combining strength training and core stability exercises.

Athletic Land

A workout that will give you a cardio challenge with intervals of higher intensity to really get your heat going. Each class will end with body challenging strength and Ab work.

Boot Camp

This class will offer a variety boot camp style exercising, intervals, bosu balls combined with muscle, strength and endurance components followed by a relaxing stretch.

Cardio Blast

A traditional cardio-aerobic workout. A hi/low impact class offered in a variety of formats. It's a blast!

Complete Cardio Mix

These three classes a week offer something different, from resistance training, cardio challenge, circuit training, pad workouts and much more.

Fit After 50

Twice a week come inside for strength, balance and stretches with low impact cardio for your all round workout.

Muscle Circuit

Focus is on total body toning. Short cardio to warm up and then using a variety of exercises and equipment you will work your body from top to bottom.

Nooner

Back to the basics with abs and cardio in this 40 minute workout covering all the basics you need to get back into or stay in shape.

Power Pilates

This is a fast-paced class that will incorporate short, low impact cardio intervals with longer intermediate Pilates exercise intervals.

Step

For all you step lovers out there! A basic, high energy and fun step class, but we will mix things up for interest.

Total Ball Conditioning

A cardio component has been added to this ball class. This total body workout will offer you the complete workout in one fun filled challenging hour.