

## Registered Classes

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### ADULT BALLET (16+)

Date: Sept 20<sup>th</sup> – Nov 29<sup>th</sup>

Mondays @ 8:15pm – 9:15pm

Location: Art In Motion Dance Studio

Cost: \$95.00/10 plus HST— Registration ONLY

Join Tatiana for fun and fitness while learning the basic ballet moves. Options for advanced levels offered so all levels are encouraged to join from beginners to advanced.

\*Adult Ballet is a different price because it is a specialty Program with a different timeline.

## 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**

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Phone: 250-615-3000

Fax: 250-615-3010

E-mail: [leisureservices@terrace.ca](mailto:leisureservices@terrace.ca)

Website: [www.terrace.ca](http://www.terrace.ca)



## Fall Fitness Schedule Sept 7—Dec 17



Call 250-615-3000 for more information



**Fall Fitness Schedule - Set II Nov 1<sup>st</sup> – Dec 17<sup>th</sup>**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Complete Cardio Mix Val	All About Muscle	Complete Cardio Mix Val	<b>All About Muscle</b>	Complete Cardio Mix Val
9:00am	Step Barb	Zumba @9:15am Iliana	Muscle Circuit Barb	Zumba @9:15am Iliana	Athletic Land Barb
10:30am		Fit After 50 Kim		Fit After 50 Kim	
5:00pm	Yoga "NEW" Carmen				
5:15pm	Boot Camp "NEW" Ginny		Total Ball Conditioning Donna		
6:30pm	Cardio Blast Donna	Yoga Tatiana	Zumba Iliana	Yoga Tatiana	Zumba Iliana
8:00pm	Adult Ballet Tatiana Registration Only!				

**Zumba**

Zumba fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. 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.

**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.

**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.