

Registered Classes

Pilates Intermediate

Date: Jan 4th-Jan 28th
Feb 1st-Feb 18th
@ 6:30pm– 7:30pm
Mondays & Thursdays

Location: Sportsplex

Cost: \$64.80/\$48.60

For those who have done the beginner level or Pilates Camp

Body Rolling

Date: Jan 4th-Jan 28th
Feb 1st-Feb 18th
@ 5:30pm– 6:15pm
Mondays &/or Thursdays

Location: Terrace Sportsplex

Cost: \$80.00/\$60.00

Adult Ballet

Date: Jan 4th-Mar 1st
@8:15pm-9:15pm
Mondays

Location: Skeena School/Ballet Room

Cost: \$90.00

All levels welcome.

Are you getting your money's worth?

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

Drop In - \$5.50/\$2.75 Senior Classes Only

Strip tickets- 10 tickets for \$45.00 (works out to \$4.50 a class)

Month Pass- (Unlimited and good for the Pool and Fitness)

- Adult - \$60.00 (gst included)
- Student/Senior – \$36.00 (gst included)

Register – If you register for your favorite class it works out to be \$4.05 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.

*Register for each class separately.

Pilates, Body Rolling and Adult Ballet are different prices because they are specialty programs.

**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 or ideas that would be helpful to us in programming or would like to teach some classes yourself, contact us at:

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

Winter Fitness Schedule Jan 4—Feb 26





Leisure Services Fitness Schedule

Winter Schedule – Set I – January 4th – Feb 26th

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Complete Cardio Mix Val	All About Muscle Terri	Complete Cardio Mix Val	All About Muscle Terri	Complete Cardio Mix Val
9:00am & 9:15am	Step Barb	Zumba Iliana	Athletic Land Barb	Zumba Iliana	Strength Circuit Barb
10:30am (45 min.)		Fit After 50 Lorna		Fit After 50 Lorna	
5:00pm	Yoga Carmen				
5:15pm & 5:30pm	**Body Rolling Lorna		Total Ball Donna	**Body Rolling Lorna	
6:15pm & 6:30pm	Cardio Blast Donna **Pilates Lorna	Yoga Tatiana	Zumba Iliana	Yoga Tatiana **Pilates Lorna	Zumba Iliana
8:15pm	**Adult Ballet Tatiana				

All About Muscle: A total body workout combining strength training and core stability exercises.

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

Cardio Core: Start your week off right with a workout that will 'mix it up' every time from resistance training, cardio, circuit and much more.

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

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

Fit After 50: This 45 minute workout takes the walk program inside for strength and stretches with low impact cardio.

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.

Athletic Land: A workout that will give you a cardio challenge with intervals of higher intensity to really get your heart going. Each class will end with body challenging strength & ab work.

Strength Circuit: This challenging workout is predominantly a cardio-step class with short intervals of innovative, full body weight training dispersed throughout the workout. Abdominals always challenged at the end of each class.

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: fuses Latin rhythms and easy to follow moves to create a dynamic fitness program. Experience an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements.

Schedules are subject to change. We try to keep these changes to a minimum and sincerely apologize for any inconvenience this may cause. Please call (250) 615-3000 for schedule updates.

****Classes are by registration only, with different start/end dates please call for more information and to register.****