

Registered Classes

Ballet Fit (16+)

Date: Jan 16th – Mar 12th

Mondays @8:00pm – 9:00pm

Location: Skeena School/Dance Room

Cost: \$85.00/9 - **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. Classes will focus on stretches, strength, coordination and artistry.

Hip Hop (11+)

Date: Feb 1 – Mar 14

Wednesdays @8:00-9:30pm

Location: Skeena School

Cost: \$49.00/7 - **Registration ONLY**

Learn Hip Hop moves and get a great physical workout at the same time. Simple, easy to follow instructions for you to learn the basic Hip Hop moves with L.L. Hip Hop strengthens and tones your muscles, increases your stamina and gives you a cardio workout that is FUN!

***These classes have a different price because they are specialty programs with different timelines.**



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

Winter 2012

Jan 3 – Feb 10 - Set I

Feb 13 – March 16 - Set II



Call 250-615-3000 for more information



Fitness Schedule Jan 3 – Feb 10 - Set I
Feb 13 – March 16 - Set II

	Monday	Tuesday	Wednesday	Thursday	Friday
M o r n i n g	6:00-6:45am CCW Val	6:00-6:45am All About Muscle Terri	6:00-6:45am CCW Val	6:00-6:45am All About Muscle Terri	6:00-6:45am CCW Val
	10:30-11:30am Tai Chi Peter	10:30-11:30am Fit After 50 Kim		10:30-11:30am Fit After 50 Kim	
L u n c h		12:10-12:50pm Noon Reboot Carmen		12:10-12:50pm Noon Reboot Carmen	
E v e n i n g	5:15-6:15pm Bhangra Fit Inder	5:15-6:15pm Zumba Iliana	5:15-6:15pm Ball Conditioning Donna	5:15-6:15pm Zumba Iliana	5:15-6:15pm Zumba Iliana
	5:00-6:00pm Yoga Carmen		Social Dancing "Registration"		6:30-7:30pm Bhangra Fit Inder
	6:30-7:30pm Cardio Blast Donna	6:30-7:30pm Yoga Tatiana	6:45-7:45pm 8:00-9:00pm	6:30-7:30pm Yoga Tatiana	
	8:00-9:00pm Ballet Fit "Registration" Caitlyn		8:00-9:30pm Hip Hop "Registration" L.L.	8:00-9:00pm Bhangra Fit Inder	

About Our Classes

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

Ballet Fit

(See back of this brochure for more information.)

Bhangra Fit

Learn how to do desi Bhangra moves and get a great physical workout at the same time. Bhangra strengthens and tones your muscles, your stamina and all while having fun.

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 (CCW)

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.

Noon Reboot

Combo step, boot camp and yoga all done in 40 minutes to reboot your body for the remainder of your workday.

Step & Pump

A really fun group class with step and strength to challenge your cardiovascular endurance. Push your metabolism into high gear followed by muscle conditioning that will shape and tone your body.

Tai Chi

(See back of this brochure for more information.)

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.

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!