

May 2024

# FITNESS SCHEDULE

## DROP-IN RATES (AND PRE-REGISTRATION RATES)

Adult (19-59) - \$7.00 (\$6.30/class)  
Senior (60+) - \$5.00 (\$4.50/class)  
Youth (13-18) - \$5.00 (\$4.50/class)

Memberships offering unlimited classes are also available! Visit our website for details.

### MON

6:00-7:00 am  
Sunrise Sweat  
w/Simone

9:00-10:00 am  
Tune-Up w/Sue

10:30-11:30 am\*  
Strong & Steady  
w/Val

5:15-6:15 pm  
Yoga w/Margot

### TUES

6:00-7:00 am  
Sunrise Sweat  
w/Simone

9:00-10:00 am  
Tai Chi w/Avya

10:30-11:30 am  
Forever Fit w/Sue

5:15-6:15 pm  
Yoga w/Barb

### WED

6:00-7:00 am  
Sunrise Sweat  
w/Simone

9:00-10:00 am  
Mostly Muscle  
w/Sue

10:30-11:30 am\*  
Strong & Steady  
w/Val

12:00-1:00 pm  
Qi Gong w/Bruce

5:30-6:30 pm  
HIIT w/Janice

### THURS

6:00-7:00 am  
Sunrise Sweat  
w/Simone

9:00-10:00 am  
Tai Chi w/Avya

10:30-11:30 am  
Forever Fit w/Sue

1:00-2:00 pm  
Chair Yoga  
w/Kelly

### FRI

6:00-7:00 am  
Sunrise Sweat  
w/Simone

9:00-10:00 am  
Cardio Combo  
w/Sue

10:30-11:30 am  
Qi Gong  
w/Bruce

1:00-2:00 pm  
Love Life Fitness  
w/Laura

## NOTES

- Throughout the month, classes may be taking place in the Hidber Arena. This space may feel colder at first, until you warm up. Please dress accordingly.
- May 1 and 2 - Door construction will be underway during fitness class times, which may be disruptive. However, classes are still scheduled to take place.
- May 1 - No Strong & Steady w/Val
- May 16 and 23 - No Chair Yoga w/Kelly
- May 20 - No Fitness
- May 29 - No HIIT

\*Strong & Steady is a class for those diagnosed with Parkinson's Disease only

## How to Pre-Register:

By phone: 250-615-3000

Online: [terrace.ca/fitness](https://terrace.ca/fitness)



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3320 Kalum Street  
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