

November 1-December 20, 2019

FITNESS SCHEDULE

DROP-IN RATES

Regular Drop-In: \$6.00

😊 Special Senior Classes: \$3.25

MON

9:00-10:00 am Tune-Up w/Sue	😊
10:30-11:30 am Chair Yoga w/Tatiana	😊
12:10-12:50 pm Roll the Dice w/Terri	
5:15-6:15 pm Barre w/Salena	
6:30-7:30pm H.I.I.T. w/Nicole	

TUES

9:00-10:00 am Tai Chi w/Pat	😊
10:30-11:30 am Forever Fit w/Sue	😊
12:10-12:50 pm Pound w/Terri	
3:30-4:15 pm Generation Pound w/Terri	
5:15-6:15 pm Yoga w/Barb	
6:30-7:30 pm Bhangra	

WED

9:00-10:00 am Mostly Muscle w/Sue	
12:00-1:00 pm Barre w/Salena	
5:15-6:15 pm Muscle Mix w/Sue	

THURS

9:00-10:00 am Tai Chi w/Pat	😊
10:30-11:30 am Forever Fit w/Sue	😊
12:10-12:50 pm Total Body Tabata w/Terri	
1:00-2:00 pm Chair Movement w/Callie-Mae	
5:00-6:00 pm Yoga w/Margot	

FRI

9:00-10:00 am Cardio Combo w/Sue	
11:00 am-12:00 pm Barre w/Salena	
12:10-1:00 pm Circuit Training w/Terri	
5:15-6:15 pm Pound w/Amrita	

NOTICES

- **NEW classes in red!**
- NO FITNESS CLASSES on Nov 11.
- Muscle Mix w/Sue - Nov 13 CANCELLED
- Pound w/Amrita - Nov 29 CANCELLED
- Chair Yoga - Nov 29. 10:30-11:30am
- Slow Flow Yoga w/Maureen - Dec 4, 11, 18 ONLY

NOTE: Any changes in the schedule will be posted at the Sportsplex and on the City of Terrace website.



For more information:

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