

September 1–October 31, 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  
5:15–6:15 pm Cardio Blast w/Donna

### 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  
10:30–11:30 am Slow Flow Yoga w/Maureen  
5:15–6:15 pm Body Blast w/Donna

### 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  
5:00–6:00 pm Yoga w/Margot

### FRI

9:00–10:00 am Cardio Combo w/Sue  
12:10–1:00 pm Circuit Training w/Terri

## NOTICES

- NO FITNESS CLASSES ON SEPT 2.
- **Chair Yoga w/Maureen - Last Friday of the month 10:30–11:30 am**
- **Generation Pound - Sept 3 CANCELLED**
- **Slow Flow Yoga - Sept 11–Oct 9 only**
- **Cardio Blast - Sept 16–Oct 14 only**
- **Body Blast - Sept 18–Oct 16 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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