

December 1-31, 2020

FITNESS SCHEDULE

COVID-19 REGULATIONS

Pre-registration only; no drop-ins! Participants must sign up for the full month of each class. Doors will open 10 minutes before class. You will be screened by your instructor before entering the Sportsplex. Masks are required to enter; activities including fitness classes are mask optional. You must keep your mask on until you reach a mask-optional zone.

MON

TUES

WED

THURS

FRI

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

10:30-11:30 am
Chair Yoga w/Virginia 😊

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

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

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

12:10-12:50 pm
Low Impact Strength
w/Terri

2:00-3:15 pm
Tai Chi w/Peter 😊

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

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

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

10:30-11:30 am
Chair Yoga w/Virginia 😊

NOTICES

- No fitness classes on Friday, December 25
- Yoga w/Margot (Mondays) - No class December 7
- Yoga w/Margot (Thursdays) - No class December 10, 24 & 31
- Yoga w/ Barb - No class December 8
- Pound - No class December 22 & 29
- Low Impact Strength - No class December 23 & 30
- Total Body Tabata - No class December 24 & 30

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

😊 Special Senior Classes

How to Pre-Register:

By phone: 250-615-3000

Online: terrace.ca/fitness



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