

October 5-30, 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 facility.

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

10:30-11:30 am
Slow Flow Yoga
w/Maureen

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

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

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

NOTICES

- Tune-Up w/Sue - Cancelled October 12
- Chair Yoga w/Virginia - Cancelled October 12
- Yoga w/Margot - Cancelled October 12
- Slow Flow Yoga w/Maureen - Cancelled October 28
- Low Impact Strength w/Terri - Cancelled October 28

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



Terrace Sportsplex
3320 Kalum Street
Terrace, BC V8G 2N6