

December 2021

# FITNESS SCHEDULE

## COVID-19 REGULATIONS

Please follow current regulations in place at the time of your visit. Masks for ages 5+ are required to enter the facility but may be removed once physical activity starts. Pre-registration only; no drop-ins! Participants must sign up for a full month of the chosen class. All those participants ages 22+ must have the Vaccine Card to enter the Sportsplex.

**MON**

**TUES**

**WED**

**THURS**

**FRI**

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

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

5:15-6:15 pm ☺  
Yoga w/Barb

6:30-7:30 pm  
Tabata w/ Terri

9:00-10:00 am ☺  
Tai Chi w/Pat

10:30-11:30 am ☺  
Forever Fit w/Sue

6:00-7:00 pm  
Pound w/Terri  
Held at Suwilaawks Gym

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

## NOTICES

- No Tune-Up w/Sue December 27
- No Yoga w/Margot December 6 and 27
- No Tabata w/Terri December 21 and 28
- No Pound w/Terri December 23 and 30
- No Cardio Combo w/Sue December 24 and 31
- No Tai Chi w/Pat December 28 and 30

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

☺ Seniors Classes

## How to Pre-Register:

By phone: 250-615-3000

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



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