

February 2021

FITNESS SCHEDULE

YOGA WITH MARGOT

Mondays

5:15-6:15 pm

TAI CHI WITH PAT 😊

Tuesdays and Thursdays

9:00-10:00 am

YOGA WITH BARB

Tuesdays

5:15-6:15 pm

TAI CHI WITH PETER 😊

Wednesdays

2:00-3:15 pm

NOTES:

- No yoga with Margot on February 1 and 15

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

😊 Special Seniors Classes

COVID-19 REGULATIONS

- Pre-registration only; no drop-ins!
- Participants must sign up for the full month of each class.
- Registration opens 7 days before the first day of class and closes the night before it starts (to register for a class that has already begun, please call us).
- Doors will open 10 minutes before class. You will be screened by your instructor before entering the Sportsplex.
- Masks are required to enter; fitness classes are mask optional.

How to Pre-Register:

By phone: 250-615-3000

Online: terrace.ca/fitness



Terrace Sportsplex
3320 Kalum Street
Terrace, BC V8G 2N6