

January 4-31, 2020

FITNESS SCHEDULE

YOGA WITH MARGOT

Mondays, starting January 11
5:15-6:15 pm

TAI CHI WITH PAT 😊

Tuesdays and Thursdays, starting January 12
9:00-10:00 am

YOGA WITH BARB

Tuesdays, starting January 5
5:15-6:15 pm

TAI CHI WITH PETER 😊

Wednesdays, starting January 6:
2:00-3:15 pm

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

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

😊 Special Seniors Classes



Terrace Sportsplex
3320 Kalum Street
Terrace, BC V8G 2N6