

March 2021

# FITNESS SCHEDULE

## YOGA WITH MARGOT

Mondays 5:15-6:15 pm

## LOW IMPACT WITH TERRI

Mondays 12:10-12:50 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

## POUND WITH TERRI

Wednesdays 6:00-7:00 pm

### NOTES:

- No yoga with Margot on March 1
- No Tai Chi with Pat on March 18
- No Pound with Terri on March 3 or 24

 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.

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

## How to Pre-Register:

By phone: 250-615-3000

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



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