

October 2021

FITNESS SCHEDULE

COVID-19 REGULATIONS

Please follow current regulations in place at the time of your visit. Masks 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

9:00–10:00 am
Tune-Up w/Sue

5:15–6:15 pm
Yoga w/Margot

TUES

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

WED

6:00–7:00 pm
Pound w/Terri

THURS

9:00–10:00 am ☺
Tai Chi w/Pat

10:30–11:30 am ☺
Forever Fit w/Sue

FRI

9:00–10:00 am
Cardio Combo
w/Sue

NOTICES

- No classes October 11
- No Yoga w/ Margot Oct 18

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



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