

December 2023

FITNESS SCHEDULE

RATES

Drop in - \$6.00

Drop in (✓) - \$4.25

Register for full month (regular class) - \$5.50/class

Register for full month (senior class) - \$3.75/class

MON

6:15-7:00 am
Sunrise Sweat
w/Simone

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

10:30-11:30 am*
Strong & Steady
w/Val

TUES

6:15-7:00 am
Sunrise Sweat
w/Simone

9:00-10:00 am ✓
Tai Chi w/Avya

10:30-11:30 am ✓
Forever Fit w/Sue

5:15-6:15 pm
Yoga w/Barb

WED

6:15-7:00 am
Sunrise Sweat
w/Simone

9:00-10:00 am
Mostly Muscle
w/Sue

10:30-11:30 am*
Strong & Steady
w/Val

12:00-1:00 pm
Qigong w/Bruce

5:30-6:30 pm
HIIT w/Janice

THURS

6:15-7:00 am
Sunrise Sweat
w/Simone

9:00-10:00 am ✓
Tai Chi w/Avya

10:30-11:30 am ✓
Forever Fit w/Sue

FRI

6:15-7:00 am
Sunrise Sweat
w/Simone

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

10:30-11:30 am
Qigong w/Bruce

NOTES

- Dec 18 onwards - No Strong & Steady w/Val
- Dec 25 + 26 - No Fitness
- Dec 27, 28 + 29 - No Sunrise Sweat w/Simone
- Dec 27 - No HIIT w/Janice
- Dec 28 - No Tai Chi w/Avya

*Strong & Steady is a class for those diagnosed with Parkinson's Disease only

How to Pre-Register:

By phone: 250-615-3000

Online: terrace.ca/fitness



Terrace Sportsplex
3320 Kalum Street
Terrace, BC V8G 2N6