

January 2025

# FITNESS SCHEDULE

**MON**

**TUES**

**WED**

**THURS**

**FRI**

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

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

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

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

4:00-5:00 pm ★  
Teen Yoga  
w/Bhavani Britt

9:00-10:00 am  
Tai Chi w/Avya

10:30-11:30 am  
Forever Fit w/Sue

1:00-2:00 pm  
Chair Yoga  
w/Kelly

5:15-6:15 pm  
Power Yoga  
w/Shannon

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

1:00-2:00 pm  
Love Life Fitness  
w/Laura

## DROP-IN RATES (AND PRE-REGISTRATION RATES)

Adult (19-59) - \$7.15 (\$6.45/class)  
Senior (60+) - \$5.15 (\$4.60/class)  
Youth (13-18) - \$5.15 (\$4.60/class)

Memberships offering unlimited classes are also available! Visit our website for details.

## NOTES

- TEEN YOGA W/BHAVANI BRITT WILL START JANUARY 15

### Class Cancellations

- January 13- Tune-Up w/Sue
- January 14- Forever Fit w/Sue
- January 14- Tai Chi w/Avya
- January 15- Mostly Muscle w/Sue

## How to Pre-Register:

By phone: 250-615-3000

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



Terrace Sportsplex  
3320 Kalum Street  
Terrace, BC V8G 2N6