

FITNESS & DANCE

at the Pomeroy Sport Centre

Class Schedule in effect October 5

All classes are in the studio	Monday	Wednesday	Thursday
After School Bootcamp <i>with Julie</i>	4 - 4:45pm		
Yin & Yang Yoga <i>with Alana</i>	5:30 - 6:30pm		
Barre Fitness <i>with Tanisha</i>	7 - 8 pm		
Latin Dance Lessons <i>with Aneudy</i>		7 - 8 pm	
Country Dance Lessons <i>with Diana</i>			7 - 8 pm

Pre-registration is available online, via phone or in person. Check in 5 minutes before your class at the front desk. \$10 per class. Classes are limited to 8 participants. No classes on STAT holidays.



Latin Dance Lessons

This class is all about having fun! Try styles like the salsa, merengue and bachata. Couples from the same household and singles welcome.



Barre Fitness

Infusion of flexibility, strength and pilates style exercises rooted in ballet. A full body working to lengthen and strengthen muscles.

Country Dance Lessons

Skill refresher on multiple dance styles. Couples must come together and dance with the same partner for the duration of the class.



Yin and Yang Yoga

Combination class featuring traditional Vinyasa yoga while incorporating the slow pace of the yin practice. All yoga levels are welcome.

After School Bootcamp

Full body workout including a cardio and strength component. Options available for all levels.



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For more information call 250-785-4592 or e-mail recreation@fortstjohn.ca

www.fortstjohn.ca



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