

Pomeroy Sport Centre Fitness Schedule

Winter 2023					
	Monday	Tuesday	Wednesday	Thursday	Friday
Whole Fitness (Teens) (Jan 10 - Feb 16) <i>Versatile Fitness - \$160</i>		4 - 5pm			4 - 5pm
Feather Fit (Jan 5 - March 30) <i>with Julie - \$8/class</i>	10:30 - 11:15am			10:30 - 11:15am	
Barre Fit. (Jan 16 - March 13) <i>with Tanisha - \$10/class</i>	7 - 8pm				
Zumba (Jan 4 - March 15) <i>with Tiffany - \$10/class</i>			5:30 - 6:30pm		
Country Dance (Jan 5-Feb 16) <i>with Diana - \$10/class or \$60/7</i>				7 - 8pm	

Book Online!
Reserve your spot online at fortstjohn.ca/activenet
Non-refundable online booking fees apply.

*All classes are in the Studio at the Pomeroy Sport Centre

LIVE IT! ACTIVE

Additional Information

Registration

Registration and check-in at the Visitor Centre Front Desk is required for all activities. Register in person, over the phone at 250-785-4592 or online at fortstjohn.ca/activenet (online fees may apply). All participants must check in at the front desk upon arrival to the facility prior to heading to class. Activities can be booked through ActiveNet, and may be a FlexReg program, or an Activity program.

Fees & Passes

Pomeroy Sport Centre: Most classes cost \$10/person per class. Feather Fit, for older adults, cost \$8/person per class. Fitness Pass can be used to cover class fee but must be done over the phone or in person at the Visitor Centre Front Desk.

Cancellations

Classes will be canceled on STAT holidays, for special events, or due to instructor illness/emergency. Cancellations will be posted on the City of Fort St. John Recreation Facebook page and pre-registered participants will be contacted.

Class Descriptions

Class descriptions are available online at fortstjohn.ca and fortstjohn.ca/activenet

Questions? Call 250-785-4592 ext. 2 or email recreation@fortstjohn.ca

