

Pomeroy Sport Centre Dance & Fitness Schedule

Spring 2023					
	Monday	Tuesday	Wednesday	Thursday	Friday
Feather Fit (May 1 - June 19) <i>with Julie - \$8/class</i>	10:30 - 11:15am			10:30 - 11:15am	
Barre Fitness (May 8 - June 26) <i>with Tanisha - \$10/class</i>	7 - 8pm				
Zumba (May 10 - June 28) <i>with Tiffany - \$10/class</i>			5:30 - 6:30pm		
Country Dance (May 4 - June 8) <i>with Diana - \$10/class or \$50/6 classes</i>				7 - 8pm	
*All classes are in the Studio at the Pomeroy Sport Centre					



Additional Information

Registration

Register and check-in at the Visitor Centre Front Desk for all activities. Register in-person, over the phone at 250-785-4592, or online at fortstjohn.ca/activenet (non-refundable online fees may apply). All participants must check-in at the front desk. 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 cancelled 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

