



Chair Mobility, Strength and Stretch

DROP-IN \$12 (INCLUDES TAX) OR REGISTER & SAVE!

This class is designed for all ages and is taught by Julie, the instructor behind our popular Feather Fit program. All exercises are done standing or seated in a chair, making this a low-impact class focused on improving joint mobility, range of motion, balance, and stability. Each class includes a warm-up, mobility work, functional strength exercises, and finishes with a relaxing stretch.

Pomeroy Sport Centre - Studio			Age: 16Y+
Jan 9-Feb 13	F	9:15-10am	\$60/6 classes

Country Dance Lessons

DROP-IN \$12 (INCLUDES TAX) OR REGISTER & SAVE!

Giddy-up and refresh your skills or if you're new to country dancing, instructor Diana will make sure you learn the two-step, polka, schottische, heel-toe, butterfly, and waltz. These lesson sets will have you burning up the dance floor in no time! Payment is required before the class begins. There are partners to help so if you are rolling solo to the class that is fine. Bring your indoor shoes.

Pomeroy Sport Centre - Studio			Age: 16Y+
Jan 8- Feb 12	Th	7-8pm	\$60/6 classes
Feb 26 - Apr 2	Th	7-8pm	\$60/6 classes

DanceDefine

DROP-IN \$12 (INCLUDES TAX) OR REGISTER & SAVE!

Join Sabrina at the Pomeroy Sport Centre! At DanceDefine, participants will get their heart rate up learning dance based aerobic moves set to great music that will enhance both mobility and strength. Come plié and chassé the day away and let the music distract you from the burn! All dance abilities are welcome to learn the steps, turns, and basic movements. Clean/indoor shoes are required. **NO CLASS Feb 5, 9, & 16.**

Pomeroy Sport Centre - Studio			Age: 16Y+
Jan 5 - Mar 9	M	5:45-6:45pm	\$84/8 classes
Jan 8 - Mar 5	Th	5:45-6:45pm	\$84/8 classes

Feather Fit

DROP-IN ONLY • \$9 (INCLUDES TAX)

Looking to stay mobile? At Feather Fit, participants will do strength developing movements with minimal or no weight with an objective to maintain or increase mobility. This program is recommended for actively aging individuals that want to enhance their physical fitness levels. All equipment will be provided, simply show up in comfortable clothing with indoor shoes and get ready to move! All fitness levels are welcome!

NOTE: participants will be required to complete a health screening waiver and may require doctor clearance prior to participation. **NO CLASS Feb 16.**

Pomeroy Sport Centre - Studio			Age: 60Y+
Jan 5 - Mar 30	M,W,F	10:30-11:15am	

Full Body Strength & Conditioning

DROP-IN \$12 (INCLUDES TAX) OR REGISTER & SAVE!

If you are looking to improve your strength and cardiovascular fitness, try Full Body Strength and Conditioning! Get a full-body workout every class. This class focuses on weight training with cardiovascular fitness component exercises. All levels of fitness are welcomed, and all exercise variations are demonstrated. A variety of equipment and exercise formats will be used in this class. Clean/indoor shoes are required.

Pomeroy Sport Centre - Training Room			Age: 16Y+
Jan 6 - Feb 10	Tu	5:15-6:15pm	\$60/6 classes
Feb 17 - Mar 24	Tu	5:15-6:15pm	\$60/6 classes

Latin Dance Nights with Ashley

DROP-IN \$12 (INCLUDES TAX) OR REGISTER & SAVE!

Latin Nights with Ashley is the perfect class to spice up your weekly activities! Whether you're a seasoned dancer or a complete beginner, this Latin dance class is all about fun and learning in a relaxed, welcoming atmosphere! Instructor Ashley brings years of experience with a goal of building skills each week. Get ready as she takes you through the exciting world of Salsa, Merengue, Bachata, and more! No partner? No problem! Singles and couples are both welcome. Clean/indoor shoes are required.

Pomeroy Sport Centre - Studio			Age: 16Y+
Jan 7-Mar 4	W	7-8pm	\$84/8 classes



Find us on Facebook for **information on fitness classes, important dates, cancellations, and more:** [Facebook.com/CityFSJRecreation](https://www.facebook.com/CityFSJRecreation)

Latin Zumba with Jorge

DROP-IN \$12 (INCLUDES TAX) OR REGISTER & SAVE!

Jorge continues exciting Latin Zumba classes at the Pomeroy Sport Centre! These sessions feature a wide variety of dance styles and music. Jorge brings his Chilean flair to these sessions where you will step to reggaeton, salsa, rock, and more! Don't miss out on this opportunity to learn something new and authentic! All dance abilities are welcome to learn the steps, turns, and basic movements. Clean/indoor shoes are required.

Pomeroy Sport Centre - Studio			Age: 16Y+
Jan 6-Mar 3	Tu	7:30-8:30pm	\$84/8 classes

Mobility, Strength and Stretch

DROP-IN \$12 (INCLUDES TAX) OR REGISTER & SAVE!

This low-impact class is taught by Julie from our popular Feather Fit program and is designed to improve joint mobility, range of motion, balance, and stability. Each class includes a warm-up, mobility exercises, functional strength work, and finishes with a relaxing stretch routine. This is a great class to include in your strength and fitness routine.

Pomeroy Sport Centre - Studio			Age: 16Y+
Jan 7-Feb 11	W	12:10-12:50pm	\$60/6 classes

Yoga with Amy

DROP-IN \$12 (INCLUDES TAX) OR REGISTER & SAVE!

Join Amy from Black Lotus Yoga for a fun, inclusive class that blends vinyasa, yin, restorative, and somatic styles. With guidance for all levels, Amy offers beginner-friendly cueing and advanced options. Expect a mix of stretching, music, and laughter—whether you're here to relax, manage stress, or boost your fitness.

Pomeroy Sport Centre - Studio			Age: 16Y+
Jan 4-Feb 8	Sun	10-11am	\$60/6 classes
Feb 22-Mar 29	Sun	10-11am	\$60/6 classes

Zumba with Tiffany

DROP-IN \$12 (INCLUDES TAX) OR REGISTER & SAVE!

Prepare to groove to the rhythm and let the good times roll! Come and join Tiffany for an exciting class packed with dance moves, infectious laughter, and vibrant music. Please wear indoor sneakers and light attire.

Pomeroy Sport Centre - Studio			Age: 16Y+
Jan 7-Feb 11	W	5:30-6:30pm	\$60/6 classes
Feb 18-Mar 25	W	5:30-6:30pm	\$60/6 classes



Discover our amazing aquatic fitness drop-in options!

- Aquafit (3 Fitness Levels!)
- Aqua Tots
- Aqua Spin
- Aqua Stretch

Visit: fortstjohn.ca/drop-in and select "Aquatic Fitness".

REGISTRATION & PASSES:

These fitness programs are available through drop-in OR registration*. We offer a discounts to participants who register for the full series of a drop-in class. You can conveniently register for a full series of a drop-in fitness classes online at:

fortstjohn.ca/activity-search

OR save online fees by registering in person at the Pomeroy Sport Centre or North Peace Leisure Pool. Another way to save is to purchase a 6 or 12 Visit Fitness Pass. Purchase passes online at: fortstjohn.ca/ActiveNet or in person at the Pomeroy Sport Centre or North Peace Leisure Pool.

*Feather Fit is drop-in only.

Pomeroy Sport Centre Fitness Programs Passes

(UPDATED JANUARY 1, 2026 - TAX INCLUDED IN PRICES)

	VISIT PASS (6)	VISIT PASS (12)
AGES (16-59 YRS.)	\$60.00	\$120.00
AGES (60+ YRS.)	\$45.00	\$90.00

