



Country Dance Lessons

DROP-IN \$10 + 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: 15Y+ |
|-------------------------------|----|-------|----------------|
| Aug 7-Sep 11 | Th | 7-8pm | \$50/6 classes |
| Sep 25-Oct 30 | Th | 7-8pm | \$50/6 classes |
| Nov 13-Dec 18 | Th | 7-8pm | \$50/6 classes |

DanceDefine

DROP-IN \$12 + tax OR REGISTER & SAVE!

Join Sabrina at the Pomeroy Sport Centre! At DanceDefine, participants will get their heart rate up learning dance based aerobics 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 OCT 13, Thursday classes are every other week.**

| Pomeroy Sport Centre - Studio | | | Age: 16Y+ |
|-------------------------------|-------------|-------------|----------------|
| Sep 8-Nov 3 | M | 5:45-6:45pm | \$85/8 classes |
| Sep 11-Nov 6 | Th (select) | 5:45-6:45pm | \$55/5 classes |

REGISTRATION & PASSES:

These fitness programs are available through drop-in OR registration. We offer a discounts to participants who register for a 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 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 (ALL AGES). Purchase passes online at: fortstjohn.ca/ActiveNet or in person at the Pomeroy Sport Centre or North Peace Leisure Pool.

Feather Fit

DROP-IN \$9 + tax OR REGISTER & SAVE!

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 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 SEP 1, & OCT 13.**

| Pomeroy Sport Centre - Studio | | | Age: 50Y+ |
|-------------------------------|-------|---------------|------------------|
| Aug 1-Sep 26 | M,W,F | 10:30-11:15am | \$180/23 classes |
| Oct 1-Dec 19 | M,W,F | 10:30-11:15am | \$220/34 Classes |

Full Body Strength & Conditioning

DROP-IN \$10 + 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. **NO CLASS SEPT 30 & NOV 11.**

| Pomeroy Sport Centre - Training Room | | | Age: 16Y+ |
|--------------------------------------|----|-------------|----------------|
| Sep 2-Oct 14 | Tu | 5:15-6:15pm | \$50/6 classes |
| Oct 21-Dec 2 | Tu | 5:15-6:15pm | \$50/6 classes |

Pomeroy Sport Centre Fitness Program Passes*

Tax applies to passes

| VISIT PASS (6) | VISIT PASS (12) |
|----------------|-----------------|
| \$50.00 | \$100.00 |

**Passes not applicable for DanceDefine or Total Body Circuit Training.*

Introduction to Qigong

REGISTRATION REQUIRED

An integrative practice focusing on health and empowerment. Discover deep self-care and renewal while nourishing your mind, body, and spirit. Learn qigong movements and other effective practices specifically designed to create vibrant health, alleviate stress, increase energy, and empower you to achieve optimal life balance. When we are in balance, we're vital and strong. When we find peace in our bodies, we're more effective in the world. Join us for a 2-week series of Introduction to Qigong taught by Tammy Bilodeau, a certified Qigong instructor with over 25 years of experience in teaching Qigong and Tai Chi.

| Pomeroy Sport Centre - Studio | | | Age: 16Y+ |
|-------------------------------|----|---------------|----------------|
| Oct 18 & 25 | Sa | 10:30-11:45am | \$35/2 classes |

Latin Zumba with Jorge

DROP-IN \$10 + 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. **NO CLASS SEP 30 & NOV 11.**

| Pomeroy Sport Centre - Studio | | | Age: 16Y+ |
|-------------------------------|----|-------------|----------------|
| Sep 9-Oct 21 | Tu | 7:30-8:30pm | \$50/6 classes |
| Oct 28-Dec 9 | Tu | 7:30-8:30pm | \$50/6 classes |



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

Total Body Circuit Training

DROP-IN \$12 + tax OR REGISTER & SAVE!

Join Kirsten for a bootcamp-style class at the Training Room in the Pomeroy Sport Centre that includes strength training with different types of equipment and a cardio component to get that heart rate up! All levels of fitness are welcome, and modifications will be given to those who are new and those who want more of a challenge! All equipment will be provided but participants should bring clean indoor running shoes, and a water bottle. **NO CLASS FOR SEPTEMBER 30.**

| Pomeroy Sport Centre - Studio | | | Age: 18Y+ |
|-------------------------------|----|-------------|----------------|
| Sep 9-Nov 4 | Tu | 6:30-7:15pm | \$80/8 classes |

Yoga with Amy

DROP-IN \$10 + 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. **NO CLASS NOV 9.**

| Pomeroy Sport Centre - Studio | | | Age: 16Y+ |
|-------------------------------|-----|---------|----------------|
| Sep 21-Oct 26 | Sun | 10-11am | \$50/6 classes |
| Nov 2-Dec 14 | Sun | 10-11am | \$50/6 classes |

Zumba with Tiffany

DROP-IN \$10 + 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, light attire, and don't forget to bring your trusty water bottle! It's going to be a blast!

| Pomeroy Sport Centre - Studio | | | Age: 16Y+ |
|-------------------------------|---|-------------|----------------|
| Aug 20-Sep 24 | W | 5:30-6:30pm | \$50/6 classes |
| Oct 22-Nov 26 | W | 5:30-6:30pm | \$50/6 classes |

Discover Our Amazing Aquatic Fitness Drop-in Options!

- 3 different AquaFit classes
- Aqua Tots
- Aqua Spin
- Aqua Stretch

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

