10 WWW.PGCITIZEN.CA | THURSDAY, AUGUST 24, 2017





DANCE CLASSES

FOR ALL AGES-18 MONTHS TO ADULT

BALLET • TAP • JAZZ • HIP HOP • MODERN • MUSICAL THEATRE **ACRO • PARENT AND TOT**



250-563-2902 • 3540 Opie Crescent • judydance@shawcable.com Northern BC's premier judyrusselldance.com

dance studio since 1979



I work with clients to help them overcome health issues including excess weight, joint pain, type 2 diabetes and high blood pressure by using exercise and nutrition.

Group Fitness - Bootcamp Style

High intensity, fun & safe, indoor group fitness for people of all fitness levels

Small Group Training
Groups of four to six people so you can still get plenty of personal attention

on 1 Personal Training Private personal training sessions for those who would feel more nfortable training in their home, to help them gain the strength and confidence to train on their own by using simple tools such as resistance bands and their own body weight.

Katie Paolucci, CSEP-CPT

Free Parking Available

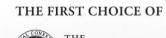
One Week Free Trial

Prepare your child Duccess

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"My kids love coming to the rec room and having fun. It gives them time to themselves in a Fun, positive atmosphere and it gives me a chance to actually complete a workout without interruption! We love it, they love it!" - YMCA Member

YMCA LICENSED CHILD CARE

Infant & Toddler and 3-5 Group Care Preschool

Before & After School Care (transportation available) Non-Instructional Days & Break Care

MEMBERSHIP & FITNESS

Join us in September for no Joiner Fee! Fall adult fitness programs include: Yoga, Zumba, Gravity & more.

CHILD & YOUTH RECREATION

Join us for YMove, a new physical literacy program that will provide the foundational skills for your child to be confident and successful in physical activity.











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www.nbcy.org • 250-562-9341