


# Fall Sign-Up



**Register NOW!**  
**Classes Start September 11**

**DANCE CLASSES**  
**FOR ALL AGES-18 MONTHS TO ADULT**  
BALLET • TAP • JAZZ • HIP HOP • MODERN • MUSICAL THEATRE  
ACRO • PARENT AND TOT

**JUDY RUSSELL'S**  
*Enchancement*  
DANCE CENTRE

250-563-2902 • 3540 Opie Crescent • judydance@shawcable.com  
judyrusselldance.com

Northern BC's premier dance studio since 1979

EXERCISE  
**X-RX**  
PRESCRIPTION

**COMMIT TO BE FIT**

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

**1 on 1 Personal Training**  
Private personal training sessions for those who would feel more comfortable 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.

**One Week Free Trial**

**Free Parking Available**

Katie Paolucci  
CSEP-CPT

katiep@x-rx.ca • 250-960-8520  
**x-rx.ca**

Prepare your child for *Success*

**YAMAHA** *Clavinova*  
ACOUSTICS DIGITALS

THE FIRST CHOICE OF

THE ROYAL CONSERVATORY OF MUSIC

**P.S. PIANOS**  
SALES | MOVING | SERVICE

250.564.0481 #102-575 Brunswick Street  
WWW.PSPIANOS.COM

**YMCA of Northern BC**

"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.








www.nbcy.org • 250-562-9341