



# Spices Fitness

Spice up your  
Fitness & Lifestyle

For more info or to register  
contact Bernadette at:  
[bnikkari@accesscomm.ca](mailto:bnikkari@accesscomm.ca)  
or via our website  
[www.spicesfitness.com](http://www.spicesfitness.com)

## ZUMBA FITNESS



Sundays @ 7am

Fridays @8am

Tone your body, build core strength,  
and challenge your cardio while  
grooving to dance rhythms such as  
the Merengue, Pop, Salsa, Belly  
Dance, Reggae, Flamenco and more!!

## SPICES FITNESS STUDIO

in BUENA VISTA

FALL session:

September 3rd to December 23rd, 2017.

Register now!

## SPICES KICKBOXING

Gain self-confidence and attain  
personal fitness goals while  
having fun. Learn authentic  
kickboxing training and feel like a  
competitive fighter.

Register for the SPICES Kickboxing  
Program and work your way  
through Glove level testing and  
train to spar and compete.

Taught by Bernadette Nikkari,  
BKIN, CSEP Certified Personal  
Trainer, FKCI Certified Kickboxing  
Master Kickboxing Specialist.

Women: (18+) Saturdays @ 600-  
730am, Wednesdays @530-  
630am

Youth:

**Teen Girls** Sundays 930-11am

**Teen Boys** Sundays 11am-  
1230pm

**Ninja Kids** (ages 5-12) Thursdays  
4-530pm

Men: Sundays@11am-1230pm  
(Taught by Emil Nikkari, Master  
Kickboxing Specialist)

\*Men's Private Focus Pad  
sessions available upon request.

## SPICES Strength & Bootcamp Classes



Work your body in these high energy classes that give you an overall body  
workout and a complete fitness experience! You will work cardio,  
muscular strength & endurance, speed, agility, core, balance, power,  
strength, coordination, and mental training. You will leave feeling  
refreshed and challenged, and ready to take on the world!

*Early morning: TUESDAYS & THURSDAYS @ 530am*

*Evening: TUESDAYS @ 6pm (Coed)*

*Daytime: MONDAYS & WEDNESDAYS @9am*

*Weekends: SATURDAYS @8am & SUNDAYS @8am (Coed)*

***New!! Kids Cross Fitness: Mondays 4-530pm***



## SPICES Gymnastics

**NEW!!!! SPICES Fitness Gymnastics** program ~Registered through Gymnastics  
Saskatchewan and CANGYM

\*SPICES Fitness Recreational Program (Ages 6+): Girls & Boys 6+ Tuesdays 4-  
530pm, Saturdays 1030-12noon

\*SPICES Fitness Pre-School Active Start Program (Ages: Mobile Babies ~18  
months to 5 years): Thursdays 10-11am.