



Spices Fitness

Spice up your Fitness & Lifestyle

For more info or to register contact Bernadette at: bnikkari@accesscomm.ca or via our website www.spicesfitness.com

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

Sundays at 12noon
Mondays at 630pm



REGINA Classes

take place at

ALLIANCE ENERGY Training Room

in Regina on Henderson Drive.

Next session runs

Nov 1st to Dec 22nd, 2015.

Register now!

KICKBOXING

Gain self-confidence and attain personal fitness goals while having fun. Learn authentic kickboxing training without sparring, but still feel like a competitive fighter.

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

Classes for Men, Women and Youth:

Women: (ages 13 and up)

Level 1: Sundays at 8am

Level 2: Sundays at 9am and Tuesdays at 530pm

Level 3: Sundays at 10am, Tuesdays at 630pm

Youth(ages 9-12): Sundays at 11am

Men: Wednesdays at 6am



Sports Conditioning

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 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!

Women's class: Mondays at 530pm