



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

Fridays @8am & Sundays @ 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

Summer session:

July 4th to August 28th, 2017.

Register now!

### 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 & FRIDAYS @ 530am

Evening: TUESDAYS @ 6pm (Coed)

Daytime: MONDAYS, WEDNESDAYS @9am

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



## SPICES Gymnastics

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

\*SPICES Fitness Recreational Program (Ages 6+): Girls & Boys 6+ Wednesdays 4-530pm. (More classes and split levels in the Fall)

\*SPICES Fitness Pre-School Active Start Program(Ages 0-5): Mobile Babies (~18 months) to 3 years-Thursdays 10-11am (Resumes in the Fall), Coed Ages 4-5-Saturdays 1030am (Resumes in the Fall).

## 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 @ 630-8am, Tuesdays @630-730am

Youth:

Juniors (5-10 Coed) – Resumes in the Fall on Sundays

Senior Girls(11-17+) – Resumes in the Fall on Sundays

Senior Boys (11-17) – Resume in the Fall on Saturdays

Men: Saturdays@9-1030am (Taught by Emil Nikkari, Master Kickboxing Specialist)

\*Men's Personal Training Pad sessions available upon request.