

FITNESS PROGRAMS

Join us for a variety of classes,
all fitness levels welcome!

Drop-in Admission

Youth (16 - 18)	\$4.22
Adult (19 - 59)	\$5.55
Senior (60+)	\$3.51

Flex Reg

Sign up for specific
classes or the entire set

Yoga

Power Hour

Cardio Plus Core

Chair Fit

Strength & Stretch

Total Body Circuit

Let's Get Physical



All Fitness Programs held in Civic Centre

Online registration: <https://app.booking.ca/porthardyrecreationpub/index.asp>

Contact us with questions or for more information

7400 Columbia St | 250.949.6686 | email: recreation@porthardy.ca | porthardy.ca/community/recreation

Port Hardy Recreation




Live the adventure!