



SPRING 2019 INDOOR PROGRAMS

Follow us on Facebook to see the latest updates, or go to www.pacificheights.ca. Email pacificheightssaskatoon@gmail.com for questions regarding indoor programs.

Adult Programs

Programs are designed for all levels, from beginner to advanced!

Yoga (Monday)

April 8 – June 10 7-8pm (8 Classes)

Lester B Pearson Library

Bring a yoga mat.

\$45

Cancellation: April 24, May 20 (Make up class scheduled on May 22), June 3

Instructor: Heidi Mclachlan



Bootcamp (Tuesday)

April 2 – May 14 (6 Classes)

Lester B Pearson Large Gym

Bring a set of dumbbells (3-8 lbs) & yoga mat.

\$30

Cancellations: April 23

Instructor: Kim Garman

Bootcamp (Thursday)

April 4 – May 16 7-8pm (6 Classes)

Lester B Pearson Large Gym

Bring a set of dumbbells (3-8 lbs) & yoga mat.

\$30

Cancellations: April 25

Instructor: Kim Garman



Bootcamp (Tues & Thurs)

April 2– May 16 7-8pm (12 Classes)

Lester B Pearson Large Gym

Bring a set of dumbbells (3-8 lbs) & yoga mat.

\$50

Cancellations: April 23 & 25

Instructor: Kim Garman



Stay tuned for Outdoor Bootcamp info coming soon!



Kids Programs

Floor Hockey (Tuesday)

Ages 6-9

April 2 – May 28 6-6:45pm (8 Classes)

Lester B Pearson Large Gym

\$20

Cancellations: April 23

Instructor: Michael Henry



Kinder Soccer (Monday)

Age 3-4 (accompanied by a parent)

April 1 – May 13 6-6:45pm

(6 Classes)

Father Vachon Gym

\$25

Cancellations: April 22

Instructor: Eden Rakochy

