

Are you looking for Fitness Inspiration?

You have come to the right place!

Cowichan Sportsplex Fitness Partners fun, fresh air and fitness...

Give one of them a call to arrange YOUR next workout.

Adage Studio

E-mail: info@adagestudio.com

Website: <http://www.adagestudio.com/index.html>

Phone: 250-709-4408



CBI Health Centre - Kristie Keller

E-mail: kkeller@cbi.ca

Phone: 250-510-4922



Cowichan Aquatic Center – Crystal Erickson

E-mail: mike-crystal@shaw.ca

Website: <http://www.northcowichan.bc.ca/fitness>

Phone: 250-743-2435



Cowichan Aquatic Center – Jill Amy

E-mail: amy@northcowichan.bc.ca

Website: <http://www.northcowichan.bc.ca/fitness>

Phone: 250-746-3306



Cowichan Aquatic Center - Monni Savory

E-mail: monni_dumas7@hotmail.com

Website: <http://www.northcowichan.bc.ca/fitness>

Phone: 250-746-3306



Cowichan Aquatic Center – Rachel Dean-Zuback

E-mail: rachelnicole@live.ca

Website: <http://www.northcowichan.bc.ca/fitness>

Phone: 250-746-4056



Cowichan Fitness – Lindsay Graff

E-mail: cowichanfitness@hotmail.com

Phone: 250-715-5448



Cowichan Golf & Country Club – Stormin Norm Jackson
E-mail: stormin@island.net
Website: <http://www.cowichangolfclub.ca/index.php?pro-shop.38>
Phone: 250-746-5333



**COWICHAN GOLF
AND COUNTRY CLUB**
Established 1947

Equipoise Body Works – Lise Duncan
E-mail: lise@equipoisebodyworks.com
Website: <http://www.equipoisebodyworks.com/>
Phone: 250-701-3731

Fit 4 Two Pre & Postnatal Fitness – Alisa Harrison
E-mail: alisa@fit4two.ca
Website: <http://www.fit4two.ca/area/duncan-vancouver-island>
Phone: 250-701-8634



Forever Fit – Nancy McNeil
E-mail: nancyisforeverfit@shaw.ca
Website: <http://www.forever-fit.ca/>
Phone: 250-510-0595



Harmony Yoga – Deborah Carruthers
E-mail: harmonylifetimeservices@gmail.com
Website: <http://cowichanbayyoga.com/index.html>
Phone: 250-715-1773

Island Active Pilates – Sharon McAuley
E-mail: islandactive@hotmail.com
Phone: 250-510-2542



CERTIFIED MATT & REFORMER
contact: Sharon
islandactive@hotmail.com

Laces Up – Sheron Chrysler
E-mail: lacesup@shaw.ca
Phone: 250-748-8126

Motiv8 Fitness – Jessica Koch/Jennifer Davidson
E-mail: jessicakoch_cpt@hotmail.com
Website: <http://www.motiv8fitness.ca/>
Phone: 250-732-0403

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PERSONAL TRAINING ON THE GO



Real Results Training – Simon Young
E-mail: resultstraining@me.com
Phone: 250-815-0158



Taoist Tai Chi – Brenda Morrison
E-mail: the3ms@shaw.ca
Website: http://www.taoist.org/CONTENT/standard_ca_pacific.asp?name=Canada-Pacific-Duncan-Moose
Phone: 250-749-0134

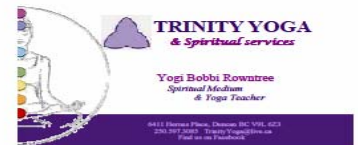


TNT Fitness Studio – Tanya Smiley
E-mail: tntfitness@shaw.ca
Website: <http://www.tntfitnessstudio.ca/>
Phone: 250-748-6847



TNT FITNESS STUDIO

Trinity Yoga – Bobbi Rowntree
E-mail: cassidy2@shaw.ca
Phone: 250-597-3085



Valley Yoga – Erin Anderson
E-mail: bijayoga@shaw.ca
Website: <http://www.valleyyoga.ca/index2.php#/home/>
Phone: 250-715-6075



Warmland Jazzercise – Michelle Dack
E-mail: walrmlandjazzercise@gmail.com
Phone: 250-929-0010



Our Fitness Partners help raise funds for the Cowichan Sportsplex by instructing classes in our Spring and Fall 4 Week Fitness Challenges...the next one is in May 2011
Registration forms are available online at www.cowichansportsplex.com

