



Are you looking for Fitness Inspiration? You have come to the right place!

Introducing...the Cowichan Sportsplex Fitness Partners

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



Beyond the Elements Outdoor Fitness & Personal Training – Sheri Berard

Sheri Berard | E-mail: sberard@telus.net
Website: www.BeyondtheElements.ca
Phone: 250-510-0077
Rachel Dean-Zuback | E-mail: rachelnicole@live.ca
Website: <http://www.northcowichan.bc.ca/fitness>
Phone: 250-746-4056



CBI Health Centre - Kristie Keller

E-mail: kkeller@cbi.ca
Phone: 250-510-4922



Cowichan Aquatic Center – Jill Amy

E-mail: amy@northcowichan.bc.ca
Website: <http://www.northcowichan.bc.ca/fitness>
Phone: 250-746-3306



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

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



Harmony Yoga – Deb Carruthers

E-mail: harmonylifetimeservices@gmail.com
Phone: 250-715-1773



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

Phone: 250-510-0595

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

NO EXCUSE. [Personal Training] – Rachel Peppler
Email: rachelppepler@gmail.com
Phone: 250-597-4485

Pure Fitness – Nicole Morgan
Email: purefitness@shaw.ca
Website: <http://www.purefitnessbc.ca/>
Phone: 250-701-5277

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

Snap Fitness – Jessica Koch
E-mail: jessicakoch_cpt@hotmail.com
Website: <http://www.snapfitness.com/duncanbc>
Phone: 250-732-0403

Taoist Tai Chi – Brenda Morrison
E-mail: the3ms@shaw.ca
Phone: 749-0134

Fit For Self – Tanya Knight
E-mail: fitforself@shaw.ca
Website: www.fitforself.com
Phone: 250-748-6847

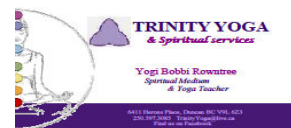
Trinity Yoga – Bobbi Rowntree
E-mail: cassidy2@shaw.ca
Phone: 250-597-3085

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

Forever fit
fitness for life 



TNT FITNESS STUDIO



jazzercise®

Our Fitness Partners help raise funds for the Cowichan Sportsplex by instructing classes in our
Spring and Fall 4-Week Fitness Challenges!
Registration forms are available online at cowichansportsplex.com