

## Fitness Classes

### Body Back Bootcamp

*Inderjit Waraich*

16 yrs+

Aim for optimal health and fitness! All sessions will consist of full body workouts and interval cardio training to efficiently work, tone and strengthen. Workouts will change every class in order to keep muscles fully activated at all times using calisthenics, bands and body bars. Program will be held outside rain or shine, meet on grass area near playground. Drop-in \$15.

Mon Wed Fri May 3-May 28  
44104.201SN

7:00am-8:00am  
\$144/12 sessions



Mon Wed Fri May 31-Jun 25  
44104.202SN

7:00am-8:00am  
\$144/12 sessions

Tue Thu Apr 6-Apr 29  
44102.201SN

6:00pm-7:00pm  
\$96/8 sessions

Tue Thu May 4-May 27  
44102.202SN

6:00pm-7:00pm  
\$96/8 sessions

Tue Thu Jun 1-Jun 24  
44102.203SN

6:00pm-7:00pm  
\$96/8 sessions

### Body Back Conditioning

*Inderjit Waraich*

16 yrs+

Get back into shape on Wednesdays with an intense cardio class consisting of mainly anaerobic exercises. As well get toned with body weight exercises. Fitness testing conducted during the first class.

Wed Apr 7-Jun 23  
44103.201SN

6:00pm-7:00pm  
\$120/12 sessions

### 20/20/20

*Jennifer Kempton*

18 yrs+

Get your body moving in this energetic cardio focused class! This exercise class will get you in shape by doing 3 different 20 minutes sets: 20 minutes of step, 20 minutes of hi/lo movements and 20 minutes of resistance movements. All levels of fitness are welcome and encouraged to participate.

Wed Apr 14-Jun 23  
44800.203SN

6:15pm-7:15pm  
\$38/11 sessions

### Fatburner

*Lora Graham*

18 yrs+

Involves group warm-up & cardio, 30 second interval training using weight resistance with high repetitions and low weights for toning up specific areas. End the class with floor work and cooldown stretches from head to toe. No class May 24

Mon Apr 12-Jun 28  
44800.201SN

5:10pm-6:10pm  
\$38/11 sessions

Wed Apr 14-Jun 23  
44800.202SN

5:10pm-6:10pm  
\$38/11 sessions

### Hi/Lo

*Diane Menzes & Raymend Chow*

18 yrs+

Exercise at your own pace with choreographed High and Low impact fitness moves. End the class with floor work and cooldown stretches from head to toe.

Sat Apr 17-Jun 26  
44101.201SN

9:15am-10:15am  
\$38/11 sessions

## Fitness Centre



We have a variety of services.

- Personal Training: Individual & with a Partner
- Fitness Assessments
- FREE Group Orientation of fitness equipment. Wednesdays at 6:30pm
- Pilates & Yoga Programs see page 17.

For more information see our website or pick up a flyer.

### Fitness Class Drop-in Procedures

First priority is given to participants who are registered. Registered participants have until 5 minutes after program start time to sign-in. After grace period any extra spots will be sold to drop-in list. Drop-in participants may sign-up for themselves and one other person, 15 minutes prior to program. Interested participants are encouraged to register to avoid disappointment. \$4.00/Drop-in, applies to 20/20/20, Hi/Lo and Fatburner classes.

### Fitness Centre Month Passes

Vancouver Park Board flexpasses and strip tickets are NOT valid.

|                     | Adults (16yrs+) | Seniors (65yrs+) |
|---------------------|-----------------|------------------|
| Drop-in .....       | \$3.50          | \$3.25           |
| 10 tickets .....    | \$29            | \$26             |
| 1 month pass .....  | \$35            | \$31             |
| 3 month pass .....  | \$92            | \$82             |
| 6 month pass .....  | \$165           | \$146            |
| 12 month pass ..... | \$275           | \$256            |