

Fitness Centre

We have a variety of services.

- *Personal Training: Individual & with a Partner*
- *FREE Group Orientation of fitness equipment. Wednesdays at 6:30pm*
- *Fitness Assessments*



Fitness Centre Month Passes

Vancouver Park Board flexipasses 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 |

Please note that fitness centre prices are subject to change due to HST as of July 1, 2010.

Health & Wellness

Dynamic Flow Yoga

Into Yoga

18yrs+

Comprised of a series of vinyasa asanas (flowing postures). A solid connection to the breath is generated as you flow through a cycle of postures designed to awaken and build a powerful level of energy and heat in the body. Both new and experienced participants welcome.

| | |
|------------------|-----------------|
| Wed Jul 7-Jul 28 | 7:30pm-8:30pm |
| 44309.301SN | \$47/4 sessions |
| Wed Aug 4-Aug 25 | 7:30pm-8:30pm |
| 44309.302SN | \$47/4 sessions |

Hatha Beginner Yoga

Into Yoga

18yrs+

Combining the asana (postures or exercises), pranayama (breathing techniques) and relaxation, feel calm with an undertone of energy when you leave the class. Tension and anxiety are relieved and a more profound connection with the body is developed. All levels of fitness are invited to attend.

| | |
|------------------|-----------------|
| Sun Jul 11-Aug 1 | 9:15am-10:15am |
| 44310.301SN | \$47/4 sessions |
| Sun Aug 8-Aug 29 | 9:15am-10:15am |
| 44310.302SN | \$47/4 sessions |

Kundalini Yoga

Baljit Dhudwal

16yrs+

Kundalini Yoga incorporates the body, mind and spirit through the use of postures, meditation, exercises, sound and breath. It is a very internal yoga which stimulates the potential of the mind. Program will be delivered in English however Punjabi translation available.

| | |
|------------------|--------------------|
| Thu Jul 8-Aug 19 | 7:15pm-8:15pm |
| 44305.301SN | \$38.50/7 sessions |

Yogalates

Lia Fletcher

16yrs+

This class combines the basics of power yoga and pilates. This class will help you develop inner awareness as well as flexibility, strength and balance. Register early as this popular class fills up quickly.

| | |
|------------------|--------------------|
| Mon Jul 5-Jul 26 | 6:15pm-7:15pm |
| 44301.301SN | \$35/4 sessions |
| Mon Jul 5-Jul 26 | 7:25pm-8:25pm |
| 44301.302SN | \$35/4 sessions |
| Thu Jul 8-Aug 12 | 6:00pm-7:00pm |
| 44301.303SN | \$52.50/6 sessions |



Program Ideas

New program ideas are always welcome; please forward information to the Programmer.

Email: sunsetcc@vancouver.ca

Fitness Classes

Mild Bootcamp

Lora Graham

18 yrs+

This outdoor mild bootcamp is perfect for the person who wants to start a fitness program but is intimidated by the hardness of the bootcamp style workouts. Walk, trot or run though this workout at you very own pace. We will do drills and skills with no pressure with no whistles or demands. Please consult your physician first before you begin any exercise program. Meet at Sunset C.C. at the start of the first session. The program will then be held at Sunset Field on 53 & Prince Edward St.

| | |
|------------------|-----------------|
| Tue Jul 6-Aug 24 | 5:45pm-6:30pm |
| 44020.301SN | \$28/8 sessions |
| Thu Jul 8-Aug 26 | 5:45pm-6:30pm |
| 44020.302SN | \$28/8 sessions |

Body Back Bootcamp

Inderjit Waraich & Cathey Wong

16 yrs+

Aim for optimal health and fitness! All sessions will consist of exercises to efficiently work, tone and strengthen your body. Workouts will change every class in order to keep muscles fully activated at all times using calisthenics, bands and risers. Program will be held outside. Drop-in \$15.

| | |
|--------------------------|-------------------|
| Tue Thu Jul 6-Jul 29 | 6:00pm-7:00pm |
| 44102.302SN | \$96/8 sessions |
| Tue Thu Aug 3-Aug 26 | 6:00pm-7:00pm |
| 44102.303SN | \$96/8 sessions |
| Mon Wed Fri Jul 5-Jul 30 | 7:00am-8:00am |
| 44104.305SN | \$144/12 sessions |
| Mon Wed Fri Aug 4-Aug 27 | 7:00am-8:00am |
| 44104.306SN | \$132/11 sessions |

Body Back Conditioning

Inderjit Waraich & Cathey Wong

16 yrs+

Get fit and feel great with this Conditioning class. Enjoy exercises that will improve your cardiovascular system and muscular strength. This class consists of running, sprinting and performing exercises that will work your heart 7 strengthen your body. Class will be held outdoors.

| | |
|------------------|-----------------|
| Wed Jul 7-Aug 25 | 6:00pm-7:00pm |
| 44103.304SN | \$80/8 sessions |

20/20/20

Jennifer Kempton

18 yrs+

Get your body moving in this energetic cardio-focused class! This exercise class gets you in shape by doing 3 different sets of 20 minutes of cardio. The 3 different sets include 20 minutes of Step, 20 minutes of Hi/Lo & 20 minutes of Strength + Stretch. All levels of fitness are welcome and encouraged to participate.

| | |
|------------------|--------------------|
| Wed Jul 7-Jul 28 | 6:15pm-7:15pm |
| 44101.301SN | \$15/4 sessions |
| Wed Aug 4-Aug 18 | 6:15pm-7:15pm |
| 44101.302SN | \$11.25/3 sessions |

Fatburner 60 Minute Workout

Lora Graham

18 yrs+

Involves group warm-up & Cardio, 30 second interval training using weight resistance with high reps low weight for toning up specific areas. End the class with floor work and cooldown stretches from head to toe.

| | |
|------------------|--------------------|
| Mon Jul 5-Jul 26 | 5:00pm-6:00pm |
| 44800.301SN | \$15/4 sessions |
| Mon Aug 9-Aug 16 | 5:00pm-6:00pm |
| 44800.302SN | \$7.50/2 sessions |
| Wed Jul 7-Jul 28 | 5:10pm-6:10pm |
| 44800.303SN | \$15/4 sessions |
| Wed Aug 4-Aug 18 | 5:10pm-6:10pm |
| 44800.304SN | \$11.25/3 sessions |

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. \$4.25/Drop-in, applies to 20/20/20, Hi/Lo and Fatburner classes.



GO FOR YOUR HEALTH

Vancouver Coastal Health – Healthy Living Program

Did you know that making small changes to your lifestyle – maintaining a healthy weight, getting more physical activity and healthy eating are effective ways to lower your risk of developing type 2 diabetes?

“Go For your Health” is a fun and interactive session designed to support individuals who are at risk for type 2 diabetes or who have prediabetes. The hardest part is getting started. Join the VCH dietitian and nurse and learn how to make lifestyle changes with confidence. COST: Free. WHEN: Ongoing monthly evening sessions.

To register or for more information call: 604-267-4430.



Sports

Drop-in Sport Rates

Adult(16yrs+) \$5.00.

First priority is given to participants who are registered. Registered participants have until 15 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, in-person, 15 min. prior to start of program. Registered spaces are non-transferable

Badminton: All Levels

16yrs+

Please bring your own raquets and birdies. You may register yourself & one other person.

| | |
|-------------------------------------|--------------------|
| Sun Jul 4-Aug 22 | 9:15am-11:15am |
| 43006.301SN only 2 courts available | \$36/8 sessions |
| Mon Jul 5-Aug 16 | 6:45pm-8:45pm |
| 43001.301SN No class Aug 2 | \$27/6 sessions |
| Wed Jul 7-Aug 18 | 6:45pm-8:45pm |
| 43003.301SN | \$31.50/7 sessions |

Ball Hockey: Men's

18yrs+

Can't skate, but want to play hockey? Shoot, pass and score during this non-instructional program. Eye and mouth guards are strongly recommended. All sticks must be for inside play only and NO tape on blade. You may register yourself & one other person.

| | |
|------------------|--------------------|
| Thu Jul 8-Aug 19 | 6:45pm-8:45pm |
| 43103.301SN | \$31.50/7 sessions |

Women's Indoor Soccer

18 yrs+

It won't be professional level soccer, but it will be fun! Meet new people in this fun and friendly environment. All skill levels welcome. Non-instructional, recreational play. Half Gym.

| | |
|-----------------|--------------------|
| Tue Jul 6-Aug17 | 6:45pm-8:30pm |
| 43010.301SN | \$31.50/7 sessions |

Co-Ed Basketball

18 yrs+

Drop in alone or with your friends. All levels of play are encouraged. Please bring your own ball. Half gym.

| | |
|-----------------|--------------------|
| Tue Jul 6-Aug17 | 6:45pm-8:30pm |
| 43011.301SN | \$31.50/7 sessions |

Tennis: Adult Beginner Camp

Gord Hauka

18 yrs+

Beginner, never had lessons or tried tennis before. Bring a self-forgiving attitude and, a racket if you have one. Program time will be divided into half a lesson and half game based play. Rackets available for use. Lessons will be held at Memorial South Park located at 41st and Prince Albert. In the event of poor weather, call 604-718-6505, 45mins prior to the start of class.

| | |
|--------------------------|-----------------|
| Mo Tu We Th Jul 5-Jul 8 | 5:30pm-7:00pm |
| 43501.301SN | \$69/4 sessions |
| Mo Tu We Th Aug 9-Aug 12 | 5:30pm-7:00pm |
| 43501.302SN | \$69/4 sessions |

Tennis: Adult Novice Camp

Gord Hauka

18 yrs+

This player has just finished a set of beginner lessons and has practiced 20-30 hours of the Beginner Skills. Also can be someone who has played some tennis but cannot keep a rally with real tennis balls going 6 times from base line to baseline on forehand and backhand. Cannot do a full service motion to get the serve in, does not volley or lob-on purpose. Rackets available for use. Lessons will be held at Memorial South Park located at 41st and Prince Albert. In the event of poor weather, call 604-718-6505, 45mins prior to the start of class.

| | |
|--------------------------|-----------------|
| Mo Tu We Th Jul 5-Jul 8 | 7:00pm-8:30pm |
| 43502.301SN | \$69/4 sessions |
| Mo Tu We Th Aug 9-Aug 12 | 7:00pm-8:30pm |
| 43502.302SN | \$69/4 sessions |

Health & Wellness

Gentle Yoga

Lakshmi Mudunoori

40yrs+

Enjoy this gentle and enjoyable yoga! Yoga will relax, renew and rejuvenate you by making you flexible, strong, optimistic and balanced. You will learn Aasan & Pranayam (posture and breathing technique), Mudra and Nadi Sansodhan (manipulating vital energy) and Meditation (concentration of mind).

Sat Jul 10-Aug 28

9:15am-10:15am

\$28/8 sessions

Exercise Strategies for Injury & Pain Prevention

55 yrs+

To achieve a balanced, pain-free, and injury-resistant body as individuals age, it is essential to perform exercise that fosters greater mobility, balance, flexibility and body awareness. If no 'pre-hab' work is performed on a regular basis, then 're-hab' is inevitable for the older adult. Activity guidelines will take participants through a series of gentle exercises to help reduce pain, increase mobility, prevent injury from falls, and prepare the body for activity and exercise.

Tue Jul 20

6:00pm-7:30pm

54802.302SN

\$8.50/1 session

Home Care Awareness Workshop

40 yrs+

"The difference between home care and home support" and other frequently asked questions about home care services that are offered in your home as you "age in place". Coffee and muffins will be provided and you will have a chance to enter a draw for a gift basket of goodies. Free - please pre-register by calling Sunset C.C. - (604) - 718-6505.

Wed Jul 7

6:00pm-7:00pm

54802.304SN

FREE

The 12 KEYS TO FAT LOSS

55 yrs+

By 2015, THE WORLD HEALTH Association predicts that 75 per cent of the North American population will be overweight or obese. In a world of convenience and abundance of everything, the odds for you to be thin are against you! This seminar will cover stat and facts on health, activity and nutrition as well as trends in weight gain and obesity. You will learn the '12 KEYS' that make the difference in the fat-loss battle. There will be small practical components throughout this lecture.

Tue Jul 13

6:00pm-7:30pm

54802.301SN

FREE

Out Trips

Victoria Sightseeing Tour (Vancouver Island)

55 yrs+

Take a day trip to Victoria for a narrated sightseeing tour! Travel by BC Ferries to Swartz Bay on route to a narrated historical overview of Ogden Point Breakwater, Clover Point and Beacon Hill Park. Enjoy 2 hours of afternoon free time to shop and browse the many knick-knack, galleries and specialty stores. BC Gold Card required for those 65 years+. Under 65 years, please pay \$24 cash to guide for ferry. Lunch is on your own. Please meet at the Sunset C.C. for pick up at 7:00am

Tue Jul 6

7:00am-10:00pm

55701.301SN

\$65/1 session

Dance

Ballroom Dance

Irina Prodan

18yrs+

Feel like you have two left feet? Now is the time to get stepping in the right direction. Dance taught: Cha Cha. No partner required.

Thu Aug 5-Aug 26

7:00pm-8:00pm

41603.301SN

\$28/4 sessions-individual

\$48/4 sessions-couples

Belly Dance at MACC

Leona Finlayson

16yrs+

Belly dance is timeless dance form that women have been celebrating over the years. Leona has 10 years of experience in Middle Eastern dance and let her share her passion of this art form with you. Reconnect with your body in this sensuous and joyous form. Come out to: shimmy, shake and smile in these fun classes. Drop In \$13.00. Classes are held at Moberly Arts & Cultural Centre. 7646 Prince Albert St.

Mon Jul 5-Jul 26

5:45pm-7:00pm

41601.301SN

Beginner

\$43/4 sessions

Mon Jul 5-Jul 26

7:15pm-8:30pm

41601.302SN

Intermediate

\$43/4 sessions

Language

Hindi Language

Lakshmi Mudunoori

16 yrs+

Explore and learn the Hindi language in a relaxed atmosphere. Classes will include: conversation, reading, writing and grammar. You will learn through practicing vocabulary, sentence formation, translation, story reading, tenses, greetings and more. Participant should bring a binder, paper and pen. No knowledge required. No Class Aug 2

Mon Jul 5-Aug 23

7:00pm-8:00pm

45001.301SN

\$63/7 sessions