

Fitness & Aerobics

Program Coordinator: Bruce McLellan
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INDOOR CYCLING

Drop-Ins \$6.50 | 10 class Punch Card \$50.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
No Class	Cycle Xpress 6:30am - 7:15am Stephanie	Cycle Xpress 6:30am - 7:15am Kathleen	No Class	Cycle Xpress 6:30am - 7:15am Stephanie	Cycle Xpress 9:30am - 10:30am Carole M.	Gran Fondo Training Team Teaching
Cycle Fit 9:30am - 10:30am Carole M.	Cycle Fit 9:30am - 10:30am Carole M.		Cycle Fit 9:30am - 10:30am Darnelle		Cycle Fit 10:45am - 11:30am Carole M.	
Newbie Cycle 5:15pm - 5:45pm Bruce Cycle Fit 6:15pm - 7:15pm Kathleen	Cycle Fit 6:15pm - 7:15pm Jane T.	Cycle Fit 6:15pm - 7:15pm Scovia	Newbie Cycle 5:15pm - 5:45pm Bruce Cycle Fit 6:15pm - 7:15pm Jane T.	No Classes	No Classes	No Classes

GAMES ROOM SCHEDULE WINTER 2011

Valid Community Centre Membership required for all sessions*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TABLE TENNIS	9:00am - 2:30pm	9:00am - 2:30pm	9:00am - 2:30pm	9:00am - 2:30pm	9:00am - 12:00pm	Drop-in for all ages and families.	
YOUTH DROP-IN	Ages: 13-18 8:30-10:00pm	Ages: 13-18 8:30-10:00pm	Ages: 13-18 8:30-10:00pm	Ages: 13-18 8:30-10:00pm	Ages: 13-18 8:30-10:00pm		

AEROBICS SCHEDULE - WINTER

Fitness Fees: Drop-in: \$5.10 | 10-strip tickets: \$40.50 | Aerobic Pass: \$43/month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ATHLETIC STEP 9:15am - 10:15am	INTERVAL TRAINING CAMP 9:15am - 10:15am	CARDIO CORE TRAINING CAMP 9:15am - 10:15am	INTERVAL TRAINING CAMP 9:15am - 10:15am	ATHLETIC STEP 9:15am - 10:15am

Indoor Cycling

50 East 30th Avenue (at Ontario Street)

- 25 Keiser M3 Bikes
- Great Instructors!

To reserve a bike for classes: Call 604-257-8545!

Cycle Fit

60 minutes of indoor riding, with a longer warm-up and cool down.

Cycle Xpress

45 minutes of riding, including a quick warm-up and cool down. Designed to get your workout in and to get you on your way!

Newbie Cycle

For the novice indoor cyclist: an introduction to the revolutionary Keiser M3 Bike and a short ride to gradually work up to a full length class. Also great to ease back into Indoor Cycling.

Gran Fondo Training

This 90 minute endurance will be taught by a team of instructors and is meant to prepare you for participating in one of the upcoming Gran Fondo Rides (Vancouver to Whistler or the new Okanagan Gran Fondo). Price TBA

Specialized Fitness

ADULT | SPORTS, HEALTH & FITNESS

Osteofit

21+ years | Gail DiBernardo

Osteofit improves bone health, posture, strength, endurance, and decreases the risk of falls. The net result is increased confidence and independence! The program aims to help reach fitness goals while respecting the limitations of each participant. Osteofit instructors receive specialized training in a course designed by researchers and clinical specialists from BC Women's Osteoporosis Program. Osteofit reflects best-practices based on the latest research.

Tu Th 6:00 PM-7:00 PM Jan 12 - Apr 1 \$98.00/20sessions 44410.401RP

Drop In Aerobics

All classes will use tubing and weights to enhance your workout experience.

Athletic Step

A basic step class with easy to follow patterns. Your instructor will demonstrate more challenging moves for those looking for a higher intensity workout.

Interval Training Camp

A dynamic training class designed to tone and sculpt your entire body. Using a variety of equipment including free weights, resistance tubing and body balls we alternate bouts of core exercises with cardio intervals. This effective workout will improve your muscular strength and endurance as well as your aerobic capacity. Please bring water and a towel to class.

Cardio Core Training Camp

This class combines aerobic step intervals with high low cardio to improve and challenge cardio vascular endurance. Exercises for your abdominals and back and a flexibility component complete the class. This class is less choreographed than step. Please bring water and a towel to class.

