

Aerobics Schedule

No class May 27, July 2, August 6 and 19.

Monday	Tuesday	Wednesday	Friday	Sunday
Morning Fit 9:15 am-10:15 am Harry	Zoomerfit 9:15 am-10:15 am Jenny	Core Control 9:15 am-10:15 am Harry	Morning Fit 9:15 am-10:15 am Philippa	Zoomerfit 9:15 am-10:15 am Harry



FEES	ADULT	55+ yrs
Drop-in	\$4.76	\$3.57
10 visits	\$42.86	\$32.14
20 visits	\$85.71	\$64.29
Tax not included.		

Morning Fit	A balanced workout emphasizing cardiovascular health, step & low impact conditioning, resistance training, stretching and body alignment.
Zoomerfit	Moderate cardio, free weights, and gentle stretching for the zesty, zippy, pre/present/post boomer in you.
Core Control	Functional fitness & body alignment using your own body's resistance and a variety of equipment. (No cardio).

Fitness, Health & Dance

Mom and Baby Barre (19+yrs)

Designed specifically for postpartum women, Fit 4 Two® Mom & Baby Barre focuses on strength, posture, core and flexibility. Inspired by a blend of ballet barre work, strength training, Pilates and yoga, barre style classes use the barre and a variety of equipment. The results, a long, lean and strong body. Pre-mobile babies only please. Drop in \$15.24, if space permits.

Instructor: Fit4Two Van Downtown/False Creek

Th Apr 12-May 17 10:00 AM-11:00 AM
150866 \$79.05/6 sess

Th May 24-Jun 28 10:00 AM-11:00 AM
158191 \$79.05/6 sess

Ballet for Adults

Level 1 (19+yrs) **NEW**

Adult ballet 1 is one full hour focusing on the foundation of classical ballet. This class is for beginners. Students will learn the basic ballet terminology and movements. The class is structured with a classical ballet barre, centre work, and fluid movements across the floor. Dance gracefully while working on strengthening your technique. Drop-in \$14.29, space permitting.

Instructor: Method Of Modern Movement

W Apr 11-May 16 7:00 PM-8:00 PM
155536 \$68.57/6 sess

W May 23-Jun 27 7:00 PM-8:00 PM
155908 \$68.57/6 sess

Hoop Dance (19+yrs)

Come dance with us! In this class we will learn basic hoop dance moves, tricks (both on and off body) & short dance sequences. This class is great if you want to try hooping for the first time, or want to try a new form of creative movement and low-impact exercise in a fun & positive environment. Bring your own hoop or use one provided. Drop in \$12.10 gst not included.

Instructor: Sunita Prowse

Th Apr 12-Jun 14 7:15 PM-8:15 PM
150837 \$98.09/10 sess

Summer ☀️

Th Jul 12-Aug 16 7:15 PM-8:15 PM
156928 \$58.86/6 sess

Method of Modern

Movement (19+yrs)

Method of Modern Movement is a full body conditioning class that works through a flow of movements where fitness meets the foundation of classical dance techniques with Latin flare. All levels welcome. \$14.29 drop-in.

Instructor: Method Of Modern Movement

F Apr 13-May 18 9:30 AM-10:30 AM
150864 \$68.57/6 sess

F May 25-Jun 29 9:30 AM-10:30 AM
155913 \$68.57/6 sess



Fitness, Health & Dance cont'd

Abs, Butt, and Core (19+yrs)

ABC - Improve your quality of life and workout performance in this Abs, Butt, and Core class. You will develop and strengthen your deep core, abdominal, and gluteal muscles, all while improving your posture, balance, and preventing injury. This class will use mostly body weight resistance so that you can focus on isolation and form. Bring a yoga mat and towel. Drop-in \$13.00, if space permits.

Instructor: Nicole Wutschnik

Th Apr 12-May 17 5:45 PM-6:45 PM
150777 \$60/6 sess

Th May 24-Jun 28 5:45 PM-6:45 PM
150778 \$60/6 sess

Summer ☀️

Th Jul 12-Aug 16 5:45 PM-6:45 PM
155279 \$60/6 sess

BeMoved (19+yrs)

BeMoved is a dance fitness experience for people of all movement abilities. During a one hour class participants experience a well-being transformation. The Warm-up infuses breath and movement through choreographed, artistic sequences that activate core strength and balance while improving flexibility and coordination. The Genre section of class uses continuous engaging dance combinations to inspire anyone from first-time dancers to the seasoned performer. Finally, the Cool-down brings your work out full circle, leaving you balanced in mind, body and soul- feeling rejuvenated. Drop ins \$12.00 if space permits.

Instructor: Anita Siu

F Apr 13-May 18 1:30 PM-2:30 PM
150788 \$60/6 sess

F May 25-Jun 29 1:30 PM-2:30 PM
150790 \$60/6 sess

Zumba (19+yrs)

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. Drop in \$11.43 space permitting. <http://www.ZumbaVancouver.ca>

Instructor: Zumba Vancouver

Tu May 1-May 29 6:15 PM-7:15 PM
150957 \$42.24/5 sess

Tu Jun 5-Jun 26 6:15 PM-7:15 PM
150958 \$36.19/4 sess

Medical Qigong (19+yrs)

This is an experiential introduction to how Qigong can enhance your life. Learn many different cleansing and healing movements along with relaxing meditations. All fitness levels welcome. This class is for adults looking to find greater vitality and awareness in daily life. For more info, please visit johnweiss.ca. \$14.29/drop in. No class on May 30 and June 3.

Instructor: John F Weiss

W May 2-Jun 27 10:15 AM-11:30 AM
150862 \$95.76/8 sess

Summer ☀️

W Jul 4-Aug 15 10:15 AM-11:30 AM
151573 \$83.81/7 sess

Su May 6-Jun 24 9:15 AM-10:30 AM
150860 \$83.81/7 sess

Summer ☀️

Su Jul 8-Jul 29 9:15 AM-10:30 AM
150863 \$47.62/4 sess

Taxes not included in fees.



Nia with Team Joy (19+yrs)

Welcome to Nia, where loving your body is loving your life and where dancing through life is the body's way. Nia is a conscious movement practice that blends martial arts, dancing arts and healing arts choreographed to soul-stirring music. Team Joy consists of four inspiring teachers who invite you to step into your own joyful journey for a conditioning and healing experience that is adaptable for every body. Drop in \$13.34 space permitting. No class on May 19 and June 30.

Instructor: Roz Royce - Team Joy

Sa Apr 14 11:00 AM-12:15 PM
161081 **FREE TRIAL**

Sa Apr 21-Jul 28 11:00 AM-12:15 PM
150884 \$148.57/13 sess

Nia with Noelle (19+yrs)

Nia is a fun and creative way to nurture your body, mind, and spirit. Using soul stirring music, this unique blend of Martial Arts, Healing Arts, and Dance is designed to give you a powerful workout, as well as the opportunity to explore, unleash and heal. Register for both Tuesday/Thursday and receive a 25% discount for both days (only available in person or by telephone before the start of the 3rd session) Drop-in \$13.34

Instructor: Noelle Wardell

Tu Apr 17-Jul 24 9:45 AM-11:00 AM
150882 \$120/15 sess

Th Apr 19-Jul 26 9:45 AM-11:00 AM
150883 \$120/15 sess



Rise and Shine with Purna Yoga (19+yrs)

Join this group of early risers for a fun and energizing yoga class. Alignment-based asana, juicy stretches and restorative relaxation: what better way to start your day! All levels welcome. Sorry, no drop-ins. No class June 7.

Instructor: Laura Arpiainen

Th Apr 12-Jun 28 7:00 AM-8:00 AM
150916 \$157.86/10 sess

Summer ☀️

Th Jul 12-Aug 9 7:00 AM-8:00 AM
160165 \$71.76/5 sess

Yoga4StiffGuys - All Levels (19+yrs)

An all levels yoga series designed by Kate Misurka (misurkayoga.com) for guys who want to improve flexibility, increase strength, and relax the mind and body. Although everyone is welcome, this class pays special attention to parts of men's bodies that are often the least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. Drop in \$15.00, space permitting.

Instructor: Misurka Yoga Ltd.

M Apr 9-May 14 7:00 PM-8:00 PM
150955 \$72/6 sess

M May 28-Jun 25 7:00 PM-8:00 PM
151516 \$60/5 sess

Summer ☀️

M Jul 9-Jul 30 7:00 PM-8:00 PM
151517 \$48/4 sess

Yoga4StiffGuys- The Basics Plus (19+yrs)

A yoga series developed by Kate Misurka for guys that are newer to yoga, want to improve flexibility, increase strength, and relax the mind and body. Although everyone is welcome, this class pays special attention to parts of men's bodies that are often least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. Drop in \$15.00, space permitting.

Instructor: Misurka Yoga Ltd.

W Apr 4-May 16 7:30 PM-8:30 PM
150956 \$84/7 sess

W May 23-Jun 27 7:30 PM-8:30 PM
151520 \$72/6 sess

Summer ☀️

W Jul 4-Jul 25 7:30 PM-8:30 PM
151521 \$48/4 sess

Iyengar Yoga - Levels 1 and 2 (19+yrs)

Cultivate a healthy body, quiet mind and open heart! In this class you'll increase body awareness, flexibility and strength. Iyengar adapts to your personal needs, regardless of your age or health. All women and men are welcome. No session on May 21 and July 2. Drop in \$19.00, space permitting.

Instructor: Arezou Moeini

M May 7-Jul 30 6:00 PM-7:30 PM
150844 \$165/11 sess

Iyengar Yoga - Gentle Level (19+ yrs)

In this gentle yoga class, you will ease through your day feeling taller, calmer and more grounded. This class is ideal for students working with injuries, for older adults, or for anyone who needs to take it down a few notches! Drop ins \$19.00 if space permits. No class on May 24 and June 28.

Instructor: Siobhan Sloane-Seale

Th Apr 5 11:00 AM-12:30 PM
150843 Free Trial

Th Apr 12-May 31 11:00 AM-12:30 PM
150841 \$105/7 sess

Summer ☀️

Th Jun 7-Jul 26 11:00 AM-12:30 PM
150842 \$105/7 sess

Iyengar Yoga - Mixed Level (19+yrs)

Reduce stress and move with more ease! Iyengar adapts to your personal needs, regardless of your age or health. In this class, you'll increase your flexibility, strength and endurance. Drop in \$20 space permitting. No class June 27.

Instructor: Siobhan Sloane-Seale

W Apr 4 5:30 PM-7:15 PM
150847 Free Trial

W Apr 11-May 23 5:30 PM-7:15 PM
150845 \$96/6 sess

Summer ☀️

W Jun 6-Jul 25 5:30 PM-7:15 PM
150846 \$112/7 sess

The Joy of Gentle Yoga (19+yrs)

This is a gentle and therapeutic yoga class that works with every body's unique strengths and challenges. We use yoga mats, chairs and bolsters to make more yoga poses more accessible to more people in a deep, comfortable and safe way. This class will help build and maintain strength, tone and balance in both your body and mind. Bring your own blanket for the final relaxation. More information at www.joyofgentleyoga.com, Drop-ins are welcome. \$14.29

Instructor: Sylvia Smallman

Th Apr 12-Jun 28 1:30 PM-2:45 PM
150952 \$156/12 sess



Education

Spanish Beginner

Level 1 (19+yrs)

Bienvenidos! Come and learn Spanish with us. This class is designed for you to learn a new language in a relaxing and enjoyable atmosphere. The emphasis of the course is on communications, proper phonetics, vocabulary, some basic grammar and writing. Class includes text book "Soleado Level 1". By the end of the course you will be able to introduce yourself in Spanish, converse about travel, work and much more.

Instructor: Rohana Filippi

Tu Apr 17-Jun 19 12:30 PM-2:00 PM
150917 \$114.29/10 sess

Spanish Level 2 (19+yrs)

Adelante! Join my small class designed to improve the basic Spanish learned in Beginners Level 1. Emphasizing communication, you will become familiar with idiomatic expressions and verbs such as estar, gustar, tener, and hacer. At end of the course you'll be able to talk about your family, to order in a restaurant, go shopping, ask the time and more. Soleado 1 textbook is required and can be purchased at the second class.

Instructor: Rohana Filippi

Tu Apr 17-Jun 19 2:15 PM-3:45 PM
150919 \$114.29/10 sess

Basic Digital Photography (19+ yrs)

Learn to use the most important functions on your new SLR camera, including aperture, shutter speed, ISO, white balance, flash and metering modes. Learn why photographers do not shoot on 'auto' and some of the basic concepts such as depth of field, shooting motion, and window light portraits. Visit dwphotography.com for more info.

Instructor: Doug Williams

W May 2-May 23 7:00 PM-9:30 PM
150784 \$138.1/4 sess

Summer ☀️

W Jul 4-Jul 25 6:30 PM-9:00 PM
151568 \$138.1/4 sess

Earthquake Preparedness- Apartments (16+yrs)

This session is for the apartment / condo dwellers - who have unique challenges when preparing for emergencies or disasters. We have all witnessed the recent earthquakes in Japan, New Zealand and have seen the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your family are prepared. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.

Instructor: City Of Vancouver NEPP

W May 16 7:00 PM-8:30 PM
150830 *Free*

Summer ☀️

Tu Jul 17 7:00 PM-8:30 PM
153249 *Free*

Granville Island Open Circle (19+yrs)

In a circle, you'll work with a group of people who will provide you with a foundation to progressively feel and experience spirit. Each session includes an opening meditation followed by an experiential circle and a healing circle. For centuries, the open circle has been a popular way for people to begin their psychic, mediumship and spiritual exploration. Drop in \$4.76.

Instructor: Patrick Couling

F Apr 13-Jun 15 6:30 PM-8:30 PM
150833 \$44.38/10 sess

Philosopher's Cafe (16+yrs)

Philosophers Cafe is a series of informal public discussions in libraries, cafe's and recreation centres throughout Metro Vancouver. The Cafes, which are open to everyone, have brought dialogue and discussion to thousands of people who are interested in exploring issues from the absurd to the sublime.

Moderator: Daniel Sanderson

W May 16 6:30 PM-8:00 PM
W Jun 13 6:30 PM-8:00 PM

Summer ☀️

W Jul 18 6:30 PM-8:00 PM
W Aug 15 6:30 PM-8:00 PM

Martial Arts

Aikido (16+yrs)

Aikido is more than a self-defense art; it is a mindset and a way of life. Learn to understand the intention of an oncoming threat and how to disengage it peacefully. Size and strength do not matter in this class - you can move any mountain. Balance, timing, and especially an open mind will be your companions on the path to success. Drop in \$25.00 if space permits.

Instructor: Jess Hilliam

Tu Apr 10-May 15 7:45 PM-9:15 PM
150781 \$125/6 sess

Tu May 22-Jun 26 7:45 PM-9:15 PM
150782 \$125/6 sess

Summer ☀️

Tu Jul 10-Aug 14 7:45 PM-9:15 PM
155892 \$125/6 sess

Karate - Ku Yu Kai Go-Ju Ryu Adults (18+yrs)

There is no first strike in karate. Go Ju Ryu founder Chogun Miyagi. Find your inner karate kid! Learn Go Ju Ryu karate the style featured in the original Karate Kid movies. Courage. Respect. Perseverance. Prudence. Self-Control. Character. Patience. Courtesy. Friendship. These are the principles of Ku Yu Kai. Shihan George Chan (7th degree black belt) and Sensei Julie Zilber (5th degree black belt) teach classes for all levels and all ages (minimum 6 years) in a friendly class environment. Continuous intake start any time. Progress at your own rate. (Students are taught to control their techniques. For safety reasons, any contact to the head, face, throat, groin and joints is strictly prohibited.) * Uniform optional for beginners. More info at kuyukai.com. Drop-in: \$12.00 per class.

Instructor: George Chan

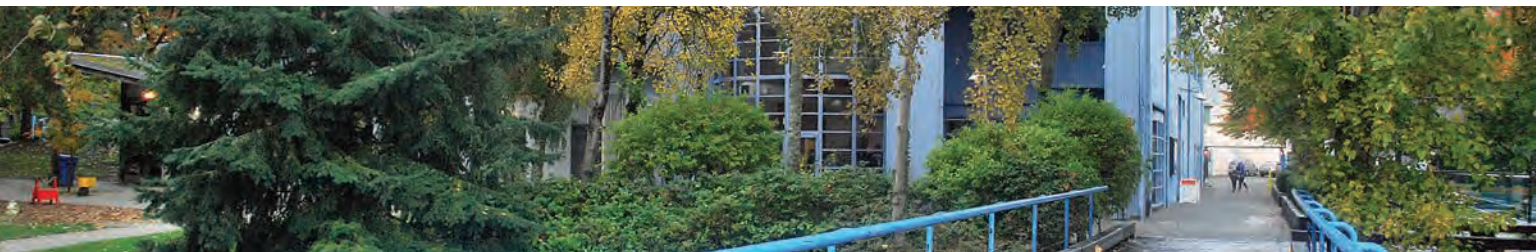
Tu Th May 8-Jun 21 7:00 PM-8:30 PM
150850 \$130/14 sess

Tu Th May 8-Jun 21 7:00 PM-9:00 PM
\$150/14 sess

Summer ☀️

Tu Th Jul 10-Aug 23 7:00 PM-8:30 PM
150851 \$130/14 sess

Tu Th Jul 10-Aug 23 7:00 PM-9:00 PM
\$150/13 sess



Tai Chi Applications (19+yrs)

Learn an ancient system of self-protection emphasizing mindfulness, power, balance and agility - through the tools of push hands, two person sparring sets and solo power sets. This course is an ideal way to both begin and enhance your understanding of the martial arts. No class on May 19, June 30 and August 4. Drop in \$13.33.

Instructor: Nathan Szredni

Sa May 5-Aug 11 11:00 AM-12:00 PM
150945 \$144/12 sess

Tai Chi with Nathan Szredni (19+yrs)

An ancient and unique system of health enhancement and self-defense, emphasizing relaxation, balance, coordination and agility, Tai chi incorporates both mental and physical discipline. Suitable for all ages and fitness levels, classes are conducted in a fun and relaxed manner. Over the last 15 years, Nathan has taught Tai Chi to hundreds of students. No class on May 19, May 21, June 30, July 2, August 4 and August 6. Drop in's \$13.33. All levels welcome.

Instructor: Nathan Szredni

M May 7-Aug 13 10:30 AM-11:30 AM
150946 \$144/12 sess

M May 7-Aug 13 5:45 PM-6:45 PM
150947 \$144/12 sess

Sa May 5-Aug 11 9:30 AM-10:30 AM
150948 \$144/12 sess

Tai Chi: Exploring Yang Style (19+ yrs)

The gentle movements of Tai Chi improve balance, alignment, and range of motion and foster body awareness while promoting relaxation. The widely practiced Yang Style is the foundation for this mixed levels class, where you will gain an understanding of the basics or expand your practice as we work towards learning the classic Long Form. Suitable for all body types and fitness levels. Taught in moderate stance with no extreme moves. Drop in \$12.38, space permitting.

Instructor: Jean Kares

Tu Apr 10-Jun 26 7:00 PM-8:30 PM
150949 \$144/12 sess

Sports

Basketball (16+yrs)

Recreational 3 on 3 basketball - games are organized by players. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In-person drop-in sign up starts at 7pm. Completed waiver forms required for participants under 19 years. Drop-in \$4.76, space permitting. No class on May 21 and August 6.

Instructor: No Instructor

M Apr 2-Jun 25 7:30 PM-9:30 PM
150786 \$45.71/12 sess

Summer
M Jul 9-Aug 27 7:30 PM-9:30 PM
157958 \$26.67/7 sess

W Apr 4-Jun 27 7:30 PM-9:30 PM
150787 \$49.52/12 sess

Summer
W Jul 4-Aug 29 7:30 PM-9:30 PM
157959 \$34.29/9 sess

Indoor Soccer (16+yrs)

Also known as futsal, this game is played with a smaller, heavier ball. Sign up as a single or register up to one additional person. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In person drop-in sign up starts at 7:00pm. Completed waiver forms required for participants under 19 years. Drop-in \$4.76, space permitting

Instructor: No Instructor

Th Apr 5-Jun 28 7:30 PM-9:30 PM
150839 \$52/13 sess

Summer
Th Jul 5-Aug 30 7:30 PM-9:30 PM
157965 \$36/9 sess



Pottery Studio Membership

New pottery studio memberships are limited to those who have completed a minimum 8 week pottery course within the last 2-3 years at the False Creek Community Centre. Completion of a course does not guarantee membership, but means you are eligible to purchase one should space become available.

Art, Culture & Environment

Pottery - Wheel Throwing (18+ yrs)

Learn the art of wheel throwing! Join potter Keith Lehman, as he leads demonstrations of basic to advanced throwing skills and decorating and finishing techniques. Get acquainted with wheel work or take your throwing to the next level. Clay must be purchased at the first class. Price includes all tools, glazing, firing and additional studio time (see instructor for details). No registration after the second class.

Instructor: Keith Lehman

Tu Apr 17-Jun 5 6:30 PM-9:00 PM
150890 \$160/8 sess

Th Apr 19-Jun 7 6:30 PM-9:00 PM
150891 \$160/8 sess

Pottery Handbuilding 1 (18+ yrs)

A basic introduction to pottery making in a fun studio environment. You will create functional pottery using hand-building techniques. Earthenware clay must be purchased at the first class. Course price includes studio equipment use, glazes, firing and addition studio time.(see instructor for details). No registration after the 2nd class.

Instructor: Tessa Reed | TBA

W Apr 18-Jun 6 6:00 PM-8:30 PM
150893 \$160/8 sess

Vancouver TheatreSports Drop-in Improv Class (18+ yrs)

This quick-witted workout is taught by a rotating roster of Vancouver TheatreSport League's finest players. Be guided through various theatre games designed to build and refine the skills needed for good improvisation. Ideally suited for beginner improvisers. No class on May 19 and August 4. Drop-in \$20.

Instructor: Vancouver TheatreSports League

Sa Apr 7-Jun 23 1:30 PM-3:30 PM
\$20/Drop-in

Summer
Sa Jul 7-Aug 25 1:30 PM-3:30 PM
\$20/Drop-in

Taxes not included in fees.