

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

