

## 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 25-Jun 13 6:30 PM-9:00 PM**  
106358 \$160/8 sess

*Instructor: Keith Lehman*

**Th Apr 27-Jun 15 6:30 PM-9:00 PM**  
106359 \$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 additional studio time.(see instructor for details ). No registration after the 2nd class.

*Instructor: Tessa Reed*

**W May 3-Jun 14 6:00 PM-8:30 PM**  
109780 \$140/7 sess

*Instructor: Tessa Reed*

**W Jun 21-Aug 2 6:00 PM-8:30 PM**  
109782 \$140/7 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. Drop-in \$20.

*Instructor: Vancouver TheatreSports League*

**Sa May 6-Aug 26 1:30 PM-3:30 PM**  
106357 \$20/17 sess

Taxes not included in fees.



## 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.

### Private Guitar Lessons (5+ yrs)

Everyone ages 5 and up can discover musical passion with private customized beginner/intermediate lessons. Students learn how to play their favourite songs, strumming patterns, chords, theory, tuning and playing techniques. Select your 1/2 hour lesson on Wednesdays! Students need to bring their own guitar. No session June 7.

*Instructor: Bryan Robert*

**W May 03-Jul 12 2:00 PM-7:00 PM**  
\$200/10 sess

### Private Piano Lessons (5+ yrs)

Students ages 5 and up, develop your musical ability! Lessons are customized to students level. Select your 1/2 hour lesson on Thursday or Fridays. Early registration for current students between March 14 - 28. Spaces will not be held once general registration begins on April 11.

*Instructor: Monika Oldershaw*

**Th May 04-Jun 29 3:30 PM-8:00 PM**  
\$180/9 sess

**F May 05-Jun 30 3:30 PM-7:30 PM**  
\$180/9 sess



Registration begins Tuesday, April 11<sup>th</sup> at 9:00am In Person & Online, 10:00am Phone In

## Education

### Spanish Beginner 2 (16+ 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 25-Jun 27 12:30 PM-2:00 PM**  
110036 \$114.29/10 sess

### Spanish Conversational

(16+ yrs)

Are you too shy to speak Spanish? Would you like to be able to converse more comfortably and have fun with the language? COME AND PARTICIPATE TO THIS CONVERSATION CLASS! Together we will chat in a friendly environment, discuss subjects that interest you in small groups, practise useful dialogues on everyday topics and enjoy words game and short stories. During this course, we will provide audio and written materials to improve your listening and understanding, enrich your vocabulary, learn idioms and develop your conversational skills. TE ESPERAMOS!!!!!! Drop-in \$14.29

*Instructor: Rohana Filippi*

**Tu Apr 25-Jun 27 2:15 PM-3:30 PM**  
110037 \$119.04/10 sess

### Burnout Prevention

Dr. Peter Hudoba & Dr. Monique Giard combine their extensive medical and psychological knowledge with years of meditation training, to offer a tried and true system for identifying, healing and preventing Burnout.

*Instructor: Sara Baker*

**M Jun 5-Jun 26 7:00 PM-9:00 PM**  
110577 \$76.19/4 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](http://dwphotography.com)

*Instructor: Doug Williams*

**W Jun 7- Jun 28 6:30pm-9:00pm**  
111944 \$138.10/4

### Basic First Aid for Babies & Children (13-75 yrs)

This short, informative and interactive course provides basic first aid and CPR skills to treat babies and children. Topics covered include common emergencies such as choking, SIDS, allergic reactions and more. This course is non-certifying. More info at [communitycarefirstaid.com](http://communitycarefirstaid.com)

*Instructor: Community Care First Aid*

**Sa May 27 10:00 AM-1:00 PM**  
107195 \$60/1 sess

### NEPP - Earthquake Preparedness - Personal & Family (16+ yrs)

We all witnessed the earthquakes in New Zealand, Haiti and Italy and saw the devastation caused. Vancouver was rocked with a magnitude 4.8 earthquake serving as a wakeup call - we too could be faced with a massive earthquake - yet few of us take the steps to ensure we are prepared. This session covers what is required to develop your family emergency plan, how to conduct a "Home Hazard" Hunt and what to do when an earthquake strikes.

*Instructor: City Of Vancouver NEPP*

**Tu May 16 7:00 PM-8:30 PM**  
106483 \$0/1 sess

SFU CONTINUING STUDIES

## PHILOSOPHERS' CAFÉ

SFU's Philosophers' Café is your chance to discuss philosophical issues with members of your community. Join the conversations throughout Metro Vancouver.

All cafés are FREE. Everyone is welcome! [www.philosopherscafe.net](http://www.philosopherscafe.net)

### Philosopher's Cafe (16+ yrs)

Exploring what volunteering means to different cultures.

*Moderator: Maria Turnbull*

*Instructor: SFU Philosopher's Cafe*

**M May 15 1:00 PM-3:30 PM**  
95805 \$0/1 sess

### Philosopher's Cafe (16+ yrs)

What do you think about C.S. Lewis's views on love? *Moderator: Jason Lepojarvi.*

*Instructor: SFU Philosopher's Cafe*

**M Jun 12 4:00 PM-5:30 PM**  
108493 \$0/1 sess



## Fitness & Health

### Ashtanga Yoga (19+ yrs)

Rachel Sutton has been teaching Yoga for 16 years. She combines Ashtanga with Iyengar styles to create a complete body toning stretch session. The body is opened and flow is created through breathe and gentle movements. All levels are welcome as modifications are provided. This class yokes well with skiing, snowboarding or other local aerobic winter activities. Come, get out of the rain and enjoy increased strength, deep breath, balance and focus with Rachel. Drop in \$11.43 space permitting.

*Instructor: Rachel Sutton*

**Su May 7-Jul 30 2:00 PM-3:00 PM**  
110038 \$148.57/13 sess

### BollyX Cardio Fitness (17+ yrs)

Unleash Your Inner Rockstar! Experience a Bollywood-inspired dance fitness program that combines exhilarating choreography and calorie-burning workouts with upbeat music from around the world. All levels welcome. Drop-in \$11.43.

*Instructor: Clara Chan*

**Sa Jun 3-Jun 24 12:00 PM-12:50 PM**  
110126 \$38.08/4 sess

**Sa Jul 8-Aug 26 12:00 PM-12:50 PM**  
110127 \$76.16/8 sess

### Flow Yoga - Level 1 (19+ yrs)

Stretch. Sweat. Invigorate. Blaze a trail. Breathe in a new way. A mix bag of hatha + vinyasa + kundalini yoga to rejuvenate the body + soul. Nourish with restorative poses to finish. Something for everyone. [www.westcoastsimmer.com](http://www.westcoastsimmer.com). Drop in \$14.25 space permitting.

*Instructor: Tessa Rowan*

**Th May 11-Jun 1 6:00 PM-7:15 PM**  
109812 \$50/4 sess

**Th Jun 8-Jun 29 6:00 PM-7:15 PM**  
110035 \$50/4 sess

### Hatha Yoga (19+ yrs)

Hatha Yoga: Come and stretch and strengthen! Learn to move with your breath. Play with your balance. This will be a class of slow and steady hatha yoga poses to connect you to your body, mind and spirit. All levels are welcome. Students will be guided safely with options for modifications. No class May 22. Drop in \$11.43 space permitting.

*Instructor: Sarah Gobes*

**M May 1-Jun 26 12:00 PM-1:00 PM**  
110559 \$70/sess



### Healing with Movement Workshop (19+ yrs)

Movement is a part of everything we do in life and bringing awareness to this movement can promote health and well being. In this short introductory workshop, we will explore different healing movements ranging from Qigong to free-form dance and add a little support through the visual arts. Bring water bottle and journal, if desired. No experience needed. For more info, please visit [johnweiss.ca](http://johnweiss.ca)

*Instructor: John F Weiss*

**Sa May 6 10:00 AM-1:00 PM**  
107030 \$45/1 sess

Taxes not included in fees.

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

Cultivate a healthy body, quiet mind and open heart! In this class you'll increase flexibility, strength and concentration. Iyengar adapts to your personal needs, regardless of your age or health. All women and men are welcome. No session May 8, 22, Jul 3. Drop in \$18.90, space permitting.

*Instructor: Arezou Moeini*

**M May 1-Jul 31 6:00 PM-7:30 PM**

106490

\$165/11 sess



**Association Website**  
[www.FalseCreekCC.ca](http://www.FalseCreekCC.ca)

**False Creek Community  
Centre Association  
Annual General Meeting**  
Monday, May 8<sup>th</sup> at 7:00pm  
**All Members welcome.**

**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 \$21 space permitting.

*Instructor: Siobhan Sloane-Seale*

**Free Trial Class (19+ yrs)**

**W Apr 19 5:30 PM-7:15 PM**  
106536 \$0/1 sess

**W Apr 26-Jun 7 5:30 PM-7:15 PM**  
106539 \$112/7 sess

**W Jun 14-Jul 26 5:30 PM-7:15 PM**  
106542 \$112/7 sess

**Iyengar Yoga -  
Gentle Class (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-in \$19. No class July 13.

*Instructor: Siobhan Sloane-Seale*

**Free Trial Class (19+ yrs)**

**Th Apr 27 11:00 AM-12:30 PM**  
106543 \$0/1 sess

**Th May 4-Jun 8 11:00 AM-12:30 PM**  
106548 \$90/6 sess

**Th Jun 22-Jul 27 11:00 AM-12:30 PM**  
106549 \$75/5 sess



## Fitness & Health

Adult

### 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](http://johnweiss.ca). \$14.29/drop in. No class May 21 & Aug 6

Instructor: John F Weiss

**Su May 7-Jun 25 9:15 AM-10:30 AM**  
107027 \$80/7 sess

**Su Jul 9-Aug 20 9:15 AM-10:30 AM**  
107028 \$68.58/6 sess

**W May 3-May 31 10:15 AM-11:30 AM**  
108448 \$57.15/5 sess

**W Jun 7-Jun 28 10:15 AM-11:30 AM**  
108449 \$45.72/4 sess

**W Jul 5-Aug 16 10:15 AM-11:30 AM**  
108450 \$80/7 sess

### Nia with Heather (16+ yrs)

Nia is a nutritious, synergistic movement practice blending martial arts, dancing arts and healing arts done to soul stirring music to create a powerful fun workout that strengthens your whole body. Step into your own joyful journey for a conditioning and healing experience that is adaptable for Every Body. \*register for both Tues. & Thurs. up to 3rd class of session start for 25% discount (only avail. in person or by telephone)

Embrace the playful wellbeing that awaits you! Drop-in \$12.

Instructor: Heather Kramer

**Tu May 2-Jun 27 9:45 AM-11:00 AM**  
107042 \$75.60/9 sess

**Th May 4-Jun 29 9:45 AM-11:00 AM**  
107043 \$75.60/9 sess

### Nia with Team Joy (16+ yrs)

Nia is a conscious movement practice blending martial arts, dancing arts and healing arts to soul-stirring music. Step into your own joyful journey for a conditioning and healing experience that is adaptable for every body. An inspiring group of teachers welcomes you to embrace the playfulness that awaits you. No class Jul 1.

Instructor: Team Joy -

**Sa May 6-Jul 29 11:00 AM-12:15 PM**  
110062 \$96/13 sess



### Rise and Shine with Purna Yoga (19+ yrs)

Join the 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.

Instructor: Christine Bickson

**Th May 11-Jun 29 7:00 AM-8:00 AM**  
108453 \$114.8/8 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. Chairs and bolsters, etc. are available to make more yoga poses more accessible to more people in a deep, pleasurable and safe way. This class will help to build and maintain strength, tone and balance in both your body and mind. Bring your own blanket for final relaxation. More information at [www.joyofgentleyoga.com](http://www.joyofgentleyoga.com). Drop in \$14.29.

Instructor: Sylvia Smallman

**Tu May 9-Jun 27 5:30 PM-6:45 PM**  
110058 \$104/8 sess



### Yoga4StiffGuys - All Levels (19+ yrs)

An all levels yoga series designed by Kate Misurka ([misurkayoga.com](http://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. No class May 22. Drop in \$14.29, space permitting.

Instructor: Misurka Yoga Ltd.

**M May 1-Jun 26 7:00 PM-8:00 PM**  
107171 \$91.44/8 sess

**M Jul 3-Jul 31 7:00 PM-8:00 PM**  
107173 \$57.15/5 sess

### Yoga4StiffGuys - The Basics (19+ yrs)

A yoga series developed by Kate Misurka for guys that are brand new 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 \$14.29, space permitting.

Instructor: Misurka Yoga Ltd.

**W May 3-Jun 28 7:30 PM-8:30 PM**  
107169 \$102.87/9 sess

**W Jul 5-Jul 26 7:30 PM-8:30 PM**  
107170 \$45.72/4 sess

Taxes not included in fees.

**Zumba Workout (17+ yrs)**

Spice up your Zumba and have fun with easy to learn interval training sessions where the beat and the song add Latin flavour to each toning and sculpting routine. Be mesmerized and excited by the light show as you move and groove around the room, shaking your hips to the sounds of Salsa, Cumbia, African, Jive, Bollywood and more! Instructor: Janet McLeish; Drop in \$11.43, space permitting.

*Instructor: Zumba Vancouver*

**Tu May 9-Jun 13 6:15 PM-7:30 PM**  
108379 \$61.44/6 sess

**Tu Jun 20-Jul 25 6:15 PM-7:30 PM**  
108381 \$61.44/6 sess

**Zumba Workout -****Free Trial (17+ yrs)**

Spice up your Zumba and have fun with easy to learn interval training sessions where the beat and the song add Latin flavour to each toning and sculpting routine. Be mesmerized and excited by the light show as you move and groove around the room, shaking your hips to the sounds of Salsa, Cumbia, African, Jive, Bollywood and more! Instructor: Janet McLeish; Drop in \$11.43, space permitting.

*Instructor: Zumba Vancouver*

**Tu May 2 6:15 PM-7:30 PM**  
108378 \$0/1 sess

**Hoop Dance (16+ yrs)**

Come & learn the basics of hoop dance! Great for anyone who wants to try a new form of creative dance and exercise in a fun environment!

*Instructor: Karisa Evdokimoff*

**W May 10-Jun 21 7:15 PM-8:15 PM**  
110869 \$75/8 sess



## Zumba Alzheimer's Fundraiser with Motown Flavour

(17+ yrs)

Come join this first time Alzheimer Society of B.C. fundraiser 90 minute party with Motown music from the 70's - to present.

You'll be singing, grooving, dancing and sweating with False Creek Zumba instructor, Janet McLeish and other guests from Zumbavancouver.ca.

If you've ever listened or are curious about this particular sound that influenced the 20th century, then let's Zumba and raise money for the Alzheimer's society!

All of your non taxable charitable donations will be applied to Alzheimer's care, support, research, awareness and advocacy activities.

*Instructor: Zumba Vancouver*

**Sa Jun 17 1:00 PM-2:30 PM 108384 \$19.05 at the door. \$14.29 in advance.**

## Fitness & Health

### Method of Modern Movement (16+ yrs)

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

*Instructor: Janelle Ordiales*

**F May 5-Jun 30 8:00 AM-9:00 AM**  
108407 \$96/8 sess

### MoMM - Mat Stretch and Meditation (16+ yrs)

45min. focusing on breath, stretch, and clarity throughout the body. Including some stretch routines from Method of Modern Movement that help improve alignment, stress relief, and more!. \$14.29 drop-in. No class May 4.

*Instructor: Janelle Ordiales*

**Th Apr 27-Jun 29 8:30 PM-9:15 PM**  
108416 \$96/9 sess

### Somatic Exploration in Dance and the Divine (16+ yrs)

In this class, the mind is no longer the checkpoint for knowledge. Learn how to lovingly be aware of truths held in your body. Drop-in \$11.43.

*Instructor: Jessica Lipps*

**W Jun 7-Aug 30 2:00 PM-3:30 PM**  
110852 \$123.76/13 sess

## Martial Arts

### 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 9-Jun 29 7:00 PM-9:00 PM**  
107236 \$150/16 sess

**Tu Th Jul 11-Aug 31 7:00 PM-9:00 PM**  
107260 \$150/16 sess

### Tai Chi Applications (16+ yrs)

Learn an ancient system of self-protection emphasizing mindfulness, power, balance and agility - through the tools of push hands, two person sparing sets and solo power sets. This course is an ideal way to both begin and enhance your understanding of the martial arts. No class May 20, Jul 1, Aug 5.

*Instructor: Nathan Szredni*

**Sa May 6-Aug 12 11:00 AM-12:00 PM**  
107267 \$123.81/13 sess

### Tai Chi with Nathan Szredni (16+ 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. Nathan has taught Tai Chi to a wide array of students over the last decade. No class May 22, Jul 3, Aug 7. Drop in's \$13.33, for intermediate - advanced students only.

*Instructor: Nathan Szredni*

**M May 1-Aug 14 10:30 AM-11:30 AM**  
108388 \$148.59/13 sess

**M May 1-Aug 14 5:45 PM-6:45 PM**  
108392 \$148.59/13 sess

**Sa May 6-Aug 12 9:30 AM-10:30 AM**  
108396 \$171.45/12 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 May 9-Jul 11 7:15 PM-8:45 PM**  
108401 \$120/10 sess

Taxes not included in fees.



Registration begins Tuesday, April 11<sup>th</sup> at 9:00am In Person & Online, 10:00am Phone In

## Social

### 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. No session June 2 & 9.

Instructor: Patrick Couling

**F May 5-Jun 30 6:30 PM-8:30 PM**  
106478 \$47.86/8 sess

### Ballroom Dancing (55+ yrs)

Join hosts Gabriel and Catherine for an afternoon of social dancing. This is a social group; instruction is not provided. Program is free, but please sign in at room entrance. No class May 21, Jul 2, Aug 6, Sept 3.

Instructor: Gabriel And Catherine Yam

**Su May 7-Aug 27 1:45 PM-4:00 PM**  
108456 \$0/14 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 May 22 & Aug 7.

Instructor: No Instructor

**M May 1-Jun 26 7:30 PM-9:30 PM**  
108430 \$30.48/8 sess

**M Jul 10-Aug 28 7:30 PM-9:30 PM**  
108431 \$26.67/6 sess

**W May 3-Jun 28 7:30 PM-9:30 PM**  
108432 \$34.29/9 sess

**W Jul 5-Aug 30 7:30 PM-9:30 PM**  
108434 \$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 May 4-Jun 29 7:30 PM-9:30 PM**  
108435 \$34.29/9 sess

**Th Jul 6-Aug 31 7:30 PM-9:30 PM**  
108436 \$34.29/9 sess



## Aerobics Schedule

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



FEES	ADULT	55+ yrs
Drop-in	\$5	\$3.75
10 visits	\$45	\$33.75
20 visits	\$90	\$67.50

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