



(55 years +)

FALL 2020 SENIOR PROGRAMS

Registration Date: September 28th 2020 at 9am

In Person | Phone: 604-257-8195 | **Online:** recreation.vancouver.ca

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am-10:30am	Core Control Oct 19th –Nov 16th 9:30am-10:30am \$20/5 sess Harry	Nia with Noelle Oct 13th –Nov 10th 9:30am-10:30am \$50/5 sess Noelle	Latin Fit Oct 14th –Nov 18th 9:30am-10:30am \$20/5 sess Marta	Nia with Noelle Oct 15th –Nov 12th 9:30am-10:30am \$50/5 sess Noelle	Morning Fit Oct 23rd –Nov 20th 9:30am-10:30am \$20/5 sess Philippa
10:00am-11:00am	Gentle Pilates Oct 19th –Nov 16th 10:00am-11:00am \$75.00/5 sess Olivia				
11:30am-12:30pm		Osteofit for Life Oct 13th –Nov 13th 11:30am-12:30pm \$40/5 sess Anne			Osteofit for Life Oct 13th –Nov 13th 11:30am-12:30pm \$40/5 sess Bill
1:30pm-2:30pm			Zumba Gold Oct 14th –Nov 4th 1:30pm-2:30pm \$38.28/4 sess Zumba Vancouver	ABM NeuroMovement® for Posture & Balance Oct 15-Nov 12th 1:30pm-2:30pm \$65/5 sess Claire	
3:30pm-4:30pm		Tai Chi - Exploring Yang Style Oct 13th – Nov 10th 3:30pm-4:30pm \$60/5 sess Jean			

For more information about our programs, please visit our website at www.falsecreekcc.ca