

Aerobics Schedule September 2-December 30, 2018.

No class Dec 21, 25, 26 and Jan 1.

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 and 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 Sep 13-Oct 18 10:00 AM-11:00 AM
172018 \$79.05/6 sess

Th Oct 25-Nov 29 10:00 AM-11:00 AM
172019 \$79.05/6 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 Sep 14-Oct 19 9:30 AM-10:30 AM
172015 \$68.57/6 sess

F Oct 26-Nov 30 9:30 AM-10:30 AM
172016 \$68.57/6 sess

Abs, Butt, and Core (19+yrs)

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 Sep 20-Oct 25 5:45 PM-6:45 PM
171933 \$60/6 sess

Th Nov 8-Dec 13 5:45 PM-6:45 PM
171934 \$60/6 sess

Boot Camp **NEW** (19+yrs)

High intensity interval training themed conditioning class that utilizes a wide range of equipment dumbbells and much more. Classes are held indoors and outdoors (weather permitting). \$13.00 drop ins if space permits

Instructor: Mariam Besada

W Sep 12 7:30 AM-8:30 AM
183127 **FREE TRIAL**

W Sep 19-Oct 24 7:30 AM-8:30 AM
181656 \$60/6 sess

W Nov 7-Dec 12 7:30 AM-8:30 AM
181671 \$60/6 sess



We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decisions on activities 4 days prior to the start date. If activities do not meet the minimum required, the program will be postponed or cancelled. **Registration for programs starts on August 22 at 9:00am.**