

# FITNESS DROP-IN SCHEDULE

Classes and times are subject to change. Contact White Rock Recreation and Culture to confirm, or visit [www.whiterockcity.ca](http://www.whiterockcity.ca).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>GROUP FITNESS</b>					
<b>Body Works 50+</b> 8:30-9:30am KSAC	<b>Body Works 50+</b> 9-10am WRCC	<b>Body Works 50+</b> 8:30-9:30am KSAC	<b>Body Works 50+</b> 9-10am WRCC	<b>Fit Camp 55+</b> 9-10am WRCC	
<b>Movement for Fitness</b> 1:15-2:15pm CAL		<b>Movement for Fitness</b> 1:15-2:15 CAL		<b>Movement for Fitness</b> 1:15-2:15 CAL	
	<b>Body Works 50+</b> 2:45-3:45pm WRCC		<b>Body Works 50+</b> 2:45-3:45pm WRCC		
<b>ZUMBA/STRONG</b>					
		<b>Zumba Gold</b> 9-10am CAL		<b>Zumba Gold</b> 9:45-10:45am WRCC	<b>Zumba</b> 9:30-10:30am KSAC
<b>Zumba</b> 5-6pm CPLC				<b>Zumba Gold Chair</b> 11am-12pm WRCC	
<b>STRONG</b> 6:15-7:15pm CPLC		<b>STRONG</b> 6:15-7:15pm CPLC	<b>Zumba</b> 6-7pm KSAC		
<b>CIRCUIT CLASSES</b>					
<b>Cardio &amp; ST Circuit 55+</b> 8:45-9:45am CAL		<b>Cardio &amp; ST Circuit 55+</b> 8:45-9:45am CAL		<b>Cardio &amp; ST Circuit 55+</b> 8:45-9:45am CAL	
<b>YOGA/PILATES/BARRE</b>					
<b>Hatha/Yin Yoga</b> 9:45-10:45am WRCC	<b>Hatha Yoga</b> 9-10am WRCC		<b>Hatha Yoga</b> 9-10am WRCC		
	<b>Pilates</b> 10:15-11am WRCC	<b>Barre Conditioning</b> 10-11am WRCC	<b>Pilates</b> 10:15-11am WRCC	<b>Yoga for Stiff Guys</b> 12:30-1:45pm WRCC	<b>Yoga Flow</b> 10-11am WRCC
<b>Yoga for Stiff Guys</b> 11:30am-12:30pm WRCC			<b>Yoga for Beginners</b> 2:15-3:15pm WRCC		
	<b>Pilates</b> 5:30-6:30pm WRCC	<b>Gentle Therapeutic Yoga</b> 4:45-6pm WRCC	<b>Barre Conditioning</b> 5:15-6:15pm WRCC		
	<b>Gentle Therapeutic Yoga</b> 6:45-8pm WRCC		<b>Yoga for Beginners</b> 5-6pm WRCC		
	<b>Hatha Yoga</b> 8:15-9:30pm WRCC				

**LOCATIONS:**

- KSAC:** Kent Street Activity Centre, 1475 Kent Street
- WRCC:** White Rock Community Centre, 15154 Russell Avenue
- CAL:** Centre for Active Living, 1475 Anderson Street
- CPLC:** Centennial Park Leisure Centre, 14600 North Bluff Road

Prices include tax

**DROP-IN FEES AND PASSES**

**GROUP FITNESS PASS**  
Valid at all locations

	ADULT	SENIOR 65+
1 VISIT	\$6.75	\$5.50
20 SESSION	\$108	\$88
10 SESSION PASS	\$61	\$49.50

**CIRCUIT PASS**  
Valid for instructor-led circuit classes at the Centre for Active Living

1 VISIT	\$7.40
10 SESSION PASS	\$67

**'ZYP' PASS**  
Valid for Zumba/Yoga/Pilates/Barre/STRONG

1 VISIT	\$13.50
10 SESSION PASS	\$111

\*Passes expire 2 years from date of purchase. Prices include tax.  
Call 604-541-2199 to purchase.

## Program Descriptions

**Body Works 50+** A full body workout with weights, resistance bands and stability balls. Improve your muscular endurance, functional strength and flexibility.

**Movement for Fitness** A gentle exercise program that includes cardio and strength training, and no floor work. Exercises can be done seated.

**Zumba or Zumba Gold** Latin-inspired music and dance steps create a dynamic workout. Zumba Gold is designed for active, older adults and Zumba Gold Chair allows participants to be seated while exercising.

**STRONG** High intensity interval training synced to music.

**Cardio & Strength Training Circuit 55+** Strengthen, tone and burn calories on a gym circuit led by a certified instructor.

**Saturday Yoga Flow** Strengthen and stretch your body in this dynamic flow class Saturdays at White Rock Community Centre.

**Barre Conditioning** Focus on toning and strengthening. A blend of Ballet Barre, Dancers Floor Barre and Pilates.

**Pilates Mat** Core strengthening exercises and stretches help improve body awareness and posture.

**Hatha/Yin Yoga** Combination of seated stretching, yin (longer hold), standing poses and sun salutation flow movements.

**Gentle Therapeutic Hatha Yoga** A relaxing practice using yoga postures, mindfulness and breathing to calm the body and mind.

**Hatha Yoga** Focus on flexibility and muscular strength, and breathing techniques to center and calm the mind.

**Yoga For Stiff Guys** Looking to limber up those hips, legs, and spine? Come learn how yoga can help you out.

## Adults

18+ YEARS

## PERSONAL TRAINING & FITNESS TESTING AT THE CENTRE FOR ACTIVE LIVING

### Personal Trainers

A Trainer works with you to prescribe an exercise program and provide instruction one-on-one.

### Basic Gym Routine

Learn a basic fitness routine (including cardio machines and strength training) that you can do on your own schedule in a gym setting.

### Fitness Guidance

Book a 30-minute consult and get the information you need to get started on an exercise regimen. People who have been advised by their physician to start exercising find this a good place to start.

### Fit Me – A Personal Fitness Plan

Meet with a personal trainer to discover the right fitness plan for you. This program is suitable for adults 35-69 in general good health.

### Total Fitness Testing

A comprehensive individual assessment with Exercise Specialist Fred Kikhosrowkiany includes cardiovascular fitness testing (blood pressure, heart rate, target heart rate), strength testing and a recommended fitness program.

See page 31 for more information on all of the above.

### CAL GYM DROP-IN TIMES

MON to THURS	FRI	SAT
11am-1pm	11am-1pm	9am-1pm
5-8pm	5-7pm	

### GYM

GYM DROP-IN PASS	ADULTS	SENIORS 65+
20 sessions - save 20%	\$108	\$88
10 sessions - save 10%	\$61	\$49.50
Single Drop-in	\$6.75	\$5.50
Monthly Pass	\$32	\$32

Passes can be re-newed on WebREG:  
[www.whiterockcity.ca/register](http://www.whiterockcity.ca/register)

## SIGNUP!

White Rock  
Recreation and  
Culture

604-541-2199