

# Drop-in Schedule

Most programs begin the week of September 8.  
Classes and times are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>GROUP FITNESS</b>					
<b>Body Works 55+</b> 8:45am-9:45am KSAC	<b>Body Works 55+</b> 9:45am-10:45am WRCC	<b>Tai Chi</b> 9:30am-10:30am WRCC	<b>Fit Camp</b> 9:30am-10:30am WRCC		
<b>Fit Camp</b> 10:00am-11:00am KSAC	<b>Movement for Fitness</b> 12:15pm-1:15pm CAL	<b>Line Dance Level 1</b> 11:00am-12:00pm WRCC	<b>Body Works 55+</b> 10:45am-11:45am WRCC	<b>Stability Body Sculpt</b> 11:15am-12:15pm CAL	
		<b>Line Dance Level 2</b> 12:15pm-1:15pm WRCC	<b>Get Stronger with Bands</b> 12:00pm-1:00pm WRCC		
		<b>Tai Chi</b> 6:45pm-7:45pm WRCC			
<b>CIRCUIT CLASSES</b>					
<b>Cardio &amp; ST Circuit 55+</b> 10:15am-11:15am CAL	<b>Cardio &amp; ST Circuit 55+</b> 11:15am-12:15pm CAL	<b>Cardio &amp; ST Circuit 55+</b> 9:30-10:30am CAL		<b>Cardio &amp; ST Circuit 55+</b> 9:45am-10:45am CAL	
<b>ZUMBA/STRONG</b>					
<b>Zumba</b> 4:45pm-5:45pm KSAC		<b>Zumba Gold</b> 8:45am-9:45am KSAC	<b>Zumba</b> 6:00pm-7:00pm KSAC	<b>Zumba Gold</b> 8:45am-9:45am KSAC	
<b>STRONG</b> 6:00pm-7:00pm KSAC		<b>STRONG</b> 6:00pm-7:00pm CPLC			

**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

<b>YOGA/PILATES/BARRE</b>					
<b>Slow Flow Yoga</b> 8:45am-9:45am WRCC	<b>Full Body Pilates with Ball</b> 9:00am-10:00am WRCC	<b>Pilates</b> 9:00am-10:00am WRCC	<b>Yoga for Seniors</b> 10:30am-11:45am KSAC	<b>Pilates</b> 8:40am-9:30am WRCC	
<b>Bodyful Movement Yoga</b> 10:00am-11:00am WRCC	<b>Restorative Yoga</b> 11:00am-12:15pm WRCC	<b>Barre Conditioning</b> 10:15am-11:00am WRCC	<b>Chair Yoga Level 1</b> 10:45am-11:45am WRCC	<b>Yoga 55+</b> 9:45am-10:45am WRCC	
<b>Yoga for Men</b> 11:00am-12:00pm WRCC	<b>Chair Yoga Level 2</b> 1:00pm-2:00pm WRCC	<b>Chair Yoga Level 1</b> 11:15am-12:15pm WRCC	<b>Chair Yoga Level 2</b> 12:00pm-1:00pm WRCC	<b>Hatha Yoga</b> 10:00am-11:00am WRCC	
<b>Chair Yoga Level 1</b> 1:00pm-2:00pm KSAC	<b>Hatha Yoga</b> 6:30pm-7:30pm WRCC	<b>Yoga for Well Being</b> 1:30pm-2:45pm WRCC	<b>Yoga 55+</b> 1:30pm-2:30pm WRCC	<b>Yoga for Men</b> 11:00am-12:00pm WRCC	
<b>Yoga for Seniors</b> 1:30pm-2:45pm WRCC		<b>Restorative Yoga with Nidra</b> 3:00pm-4:15pm WRCC	<b>Yoga Dance</b> 5:00pm-6:00pm WRCC		
<b>Gentle Therapeutic Yoga</b> 3:15pm-4:30pm WRCC		<b>Gentle Hatha Yoga</b> 5:00pm-6:00pm WRCC			
<b>Pilates</b> 6:45pm-7:45pm WRCC		<b>Dance Fitness</b> 5:30pm-6:30pm WRCC			

**24 Hour Cancellation Policy:**

Participants must cancel their drop-in at least 24 hours in advance to receive a credit.



**ACTIVE PASS**

Valid for Group Fitness, Fitness Centre and more (see page 5)

VALID AT ALL LOCATIONS	ADULT (19-64)	SENIOR (65+)
SINGLE DROP-IN	\$7.25	\$5.75
ACTIVE 10	\$66	\$52
ACTIVE 20	\$116	\$92
ACTIVE 30 DAY (MONTH)	\$40	\$35

**CIRCUIT 10 PASS**

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

SINGLE DROP-IN	\$9.50
CIRCUIT 10	\$88

**'ZYP' 10 PASS**

Valid for Zumba/ Pilates/Barre/Yoga STRONG

SINGLE DROP-IN	\$13.75
ZYP 10	\$113

Purchase passes at [whiterockcity.ca/register](http://whiterockcity.ca/register). Passes expire 2 years from date of purchase. Prices include tax.

### **Body Works 55+**

Designed to improve muscular endurance, functional strength, and flexibility. This full body workout will keep you fit and ready for your active lifestyle.

### **Fit Camp 55+**

Build stamina and endurance in this interval training fit camp designed for fit older adults.

### **Line Dance Beginners & Level 2**

Move to a wide variety of music from Latin to the classics and western country. Routines are fun and easy to learn.

### **Movement for Fitness**

This gentle exercise program includes some cardio and strength training, and no floor work. Exercises can also be done seated.

### **Stability Body Sculpt**

A full body but gentle workout using the stability ball and one's own body weight as resistance. Each class ends with a long stretching session to reduce soreness and stiffness and promote feelings of well-being.

### **Get Stronger with Bands**

Use resistance bands in this fun and effective class. Whole body workouts will tone every muscle group, improve balance and flexibility.

### **Tai Chi- All Levels**

This is a Yang style 42 of Tai Chi. The program incorporates Xigong exercise to help strengthen the immune system.

### **Tai Chi- Intermediate**

This class is designed for participants that have experience in the Yang styles classical form 108.

### **Cardio & ST Circuit 55+**

Strengthen, tone, and burn calories on a dynamic cardio equipment circuit in the Centre for Active Living gym. Participants are encouraged to go at their own pace.

### **Barre Conditioning**

A blend of Ballet-Barre, dancers Floor-Barre and Pilates exercises. Barre Conditioning focuses on toning and strengthening the feet, legs, abdominals, back and arms.

### **Bodyful Movement Yoga**

A fusion of Yoga and Pilates, this energizing class offers a dynamic, full body, age reversing workout using the Pilates Bender ball. Designed to cultivate mind-body movement through a series of poses that will restore movement in your joints and improve flexibility and strength in your muscles.

### **Chair Yoga Level 1 and 2**

This yoga incorporates chair and standing postures, breathing techniques, and guided meditation. Designed for older adults who have mobility or other physical challenges.

### **Dance Fitness**

An exciting fitness program based on international dance rhythms. It is best suited for active older adults, beginner participants, and people looking for a low impact workout. The choreography focuses on balance, range of motion, and coordination.

### **Full Body Pilates with Ball**

Increase strength and flexibility with this mind and body workout. Core strengthening exercises and stretches help improve body awareness and posture.

### **Gentle Hatha Yoga**

Hatha yoga focuses on increasing flexibility and muscular strength, and breathing techniques that help to center and calm the mind.

### **Gentle Therapeutic Yoga**

A relaxing practice using yoga postures, mindfulness and breathing to calm the body and mind. This practice focuses on mindful movement to improve flexibility, strength and reduce pain.

### **Hatha Yoga**

Hatha yoga focuses on increasing flexibility and muscular strength, and breathing techniques that help to center and calm the mind.

### **Pilates**

Increase strength and flexibility with this mind and body workout. Core strengthening exercises and stretches help improve body awareness and posture.

### **Restorative Yoga**

Use gentle yoga techniques to restore optimal breathing. Learn body awareness and re-pattern movement.

### **Slow Flow Yoga**

A relaxing yoga session that uses stretching, mindfulness, and breathing to calm the body and mind. This practice focuses on slow movement to improve flexibility and strength.

### **STRONG**

STRONG Nation™ combines body weight, muscle conditioning, cardio, and plyometric training. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

### **Yoga 55+**

A combination of breath work, posture, and meditation to rejuvenate and bring body and mind into a state of well-being.

### **Yoga Dance**

Natya Yoga or Yoga of Dance is a joyful way to experience the benefits of yoga. Discover how the ancient wisdom that combines rhythmic sequences of movement with breath work and mudras (hand gestures) can bring you to a state of deep meditation and a lasting smile.

### **Yoga Flow**

A fun mix of movements, working with breath, strength, and balance. Focusing on strengthening your body through yoga sequences. Perfect for all levels.

### **Yoga for Men**

Class focuses on improving flexibility for the neck, shoulders, hips & legs, and gaining strength, improving balance, endurance, and range of motion.

### **Yoga for Seniors**

Gentle stretching, proper breathing techniques and deep relaxation allow the body and mind to come alive with renewed energy.