

Drop-in Schedule

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

*Updated November 2024

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

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

Core & Stretch

This class focuses on strengthening the core muscles and finishes with stretching to improve flexibility.

Fit Camp 55+

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

Light Tone & Sculpt

This full body light workout is designed to tone muscles while using light weights and bands.

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.