

PRE-REGISTERED DROP-IN SCHEDULE

Most programs
begin the week of
April 8

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

GROUP FITNESS

Body Works 55+ 8:45am-9:45am KSAC	Body Works 55+ 9:45am-10:45am WRCC	Tai Chi 9:30am-10:30am WRCC	Fit Camp 9:30am-10:30am WRCC	
Fit Camp 10:00am-11:00am KSAC	Movement for Fitness 12:15pm-1:15pm CAL	Line Dance Level 1 11:00am-12:00pm WRCC	Body Works 55+ 10:45am-11:45am WRCC	Stability Body Sculpt 11:15am-12:15pm CAL
		Line Dance Level 2 12:15pm-1:15pm WRCC	Get Stronger with Bands 12:00pm-1:00pm WRCC (ends April 25)	

CIRCUIT CLASSES

Cardio & ST Circuit 55+ 10:15am-11:15am CAL		Cardio & ST Circuit 55+ 9:30am-10:30am CAL		Cardio & ST Circuit 55+ 9:45am-10:45am CAL
	Cardio & ST Circuit 55+ 11:15am-12:15pm 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		

YOGA/PILATES/BARRE

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

Classes and times are subject to change.

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

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

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.

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.

Get Stronger With Bands

Whole body workouts will tone every muscle group, improve balance and flexibility

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.

Tai Chi

Continue to develop your expertise in the 24 Form Tai Chi Chuan and the classical Long Form (Yang style classical 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.

Slow Flow Yoga

A slower paced class mindfully linking breath to movement. Allowing time to explore the postures while building strength, stamina and flexibility. Releasing tension and improving mobility.

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.

Pilates

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

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.

Bodyful Movement Yoga

A fusion of Yoga and Pilates, this class offers a dynamic, full body, age reversing workout using the Pilates Bender ball. It cultivates mind body movement through a series of poses that restores movement in your joints and improves flexibility and strength.

Chair Yoga Level 1 & 2

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

Foundations Pilates Mat

This course offers challenging, yet low-impact core strengthening exercises and stretches that will improve your balance, body awareness, flexibility and core strength

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.

Restorative Yoga

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

Yoga 55+

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

Yoga for Men

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

Yin Yoga

Yin Yoga is a slower paced more meditative version of the popular physical spiritual yoga. Poses are held for longer periods of time targeting connective tissues such as ligaments, bones and even joints of the hips, pelvis, and lower spine. Suitable for most abilities.

Yoga for Seniors

A gentle practice that improves balance, strength, and mobility allowing the body and mind to come alive with renewed energy.

Gentle Hatha Yoga

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

Chair Yoga

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

Yoga for Well Being

A calming gentle practice focusing on posture, balance, strength and mental focus to increase your feeling of well-being

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.

Zumba

Unique Latin-inspired music and dance steps create a dynamic and exciting fitness workout. Get hooked on this amazing way to PARTY your body into shape.

Zumba Gold

Latin and International inspired music and dance steps create a dynamic, exciting and effective fitness workout. Perfect for the active older adult, this class recreates the original Zumba moves at a lower-intensity.