

# Aerobics Schedule

January 4-March 31

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 AM-10:15 AM		<b>Body Sculpt</b> <i>Leah</i>	<b>Cardio+ Strength+ Core</b> <i>Gail</i>	<b>Circuit Style Boot Camp for Full Body Fitness</b> <i>Hiroko</i>	<b>TGIF</b> <i>Betty-Lynn</i>
10:00 AM-11:00 AM	<b>ReFit</b> <i>Rocio</i>				
10:30 AM-11:30 AM			<b>ReFit</b> <i>Gail</i>		<b>ReFit</b> <i>Betty-Lynn</i>

Schedule subject to change

Fees	Adult (19-64)	Senior 65+/ Youth
	<b>Drop-in</b>	\$4.50
<b>10-class card</b>	\$40.50	\$34.00
<b>1-month pass</b>	\$38.50	\$31.00

All fees above subject to change. Prices do not include tax

## ReFit

A low impact class for older adults or those starting out. Cardio is 20-25 minutes.

## TGIF & Totally Fit

Head to toe cardio, strength, core and flexibility to challenge all fitness levels. Incorporating different class styles and equipment (hi/lo, Tabata, interval training, body weight, resistance, core, stretch)

## Cardio+Strength+Core

A high energy interval class guaranteed to boost cardio, strengthen core muscles and improve flexibility. A total body work out that incorporates step, body weight and dumbbells. Cardio is 25 minutes followed by core exercises and stretching. No complicated moves. Class can be modified for various fitness levels. Energy required!

## Circuit Style Boot Camp for Full Body Fitness

This athletic style class uses a variety of equipment including dumbbells, resistance bands, medicine balls and stability balls as well as creative bodyweight exercises to deliver a fun, full body workout. Class includes muscular endurance and strength training, cardio drills, agility challenges and balance exercises in a supportive and inclusive environment. Suitable for a range of fitness levels from beginner to advanced.

## Body Sculpt

Train smart with a mindful session using dumbbells and bodyweight exercises to get a full body workout. Classes vary each week but are movement pattern based and will always include squat, lunge, bend, twist, push & pull exercises that optimize full body functionality. Build muscular strength and endurance, improve cardiovascular fitness, develop better coordination and improve body awareness while shaping, toning and having fun. Suitable for a range of fitness levels from beginner to advanced.



Champlain Heights Fitness Centre

Please see [www.vancouver.ca](http://www.vancouver.ca) for hours and fees.



adult & senior