

# 56 HEALTH WELLNESS FITNESS

## Girls Kick Butt

Grab a girlfriend and come try the new GIRLS KICK BUTT class at the Aquatic Centre or Gleneagles Community Centre. This class takes place in the weight room and is designed strictly for you. Work with one of our highly qualified personal trainers to learn FUN and SAFE ways to look and feel your best. Small class sizes mean that you will get lots of attention as we guide you through a circuit style cardio/weight program.

### Aquatic Centre

Mon, Wed 16Y & up \$78

198579 Jan 10-Feb 14 3:30pm-4:30pm

### Gleneagles Community Centre

Tue, Thu 16Y & up \$84

201674 Jan 11-Feb 17 3:30pm-4:30pm

## Adult Fitness Program

### NEW! Stretch Class for the Inflexible

If your flexibility needs serious improvement then you don't want to miss this 45 min session three times a week. We will go through a series of 20 stretches guaranteed to leave you feeling limber.

### Aquatic Centre

M, W, F \$89

198578 Jan 12-Mar 28 11:15-11:45am

## Men on Weights

This group class is for men who wish to take part in a group oriented class and wish to tone and sculpt

### Aquatic Centre

Mon, Wed All Ages \$200

218667 Jan 10-Mar 23 7pm-8pm



## Women on Weights

Ladies this is your chance to get involved in weight training and improve your overall strength, stamina, endurance, muscle tone and bone density. This group orientated class takes place in the program studio in the weight room and is led by a personal trainer. You will each receive a private one-to-one consultation prior to the start of the program. The program is geared for women with no major muscle skeletal or health problems. Seniors rate does not apply to this program.

### Aquatic Centre

Mon, Wed \$200

198569 Jan 10-Mar 23 9am-10am

Mon, Wed \$200

198570 Jan 10-Mar 23 6pm-7pm

M, W, F \$300

218118 Jan 10-Mar 25 5-6pm

Tue, Thu \$200

198571 Jan 11-Mar 24 6pm-7pm

Tue, Thu \$200

218666 Jan 1-Mar 24 9-10am

## 65+ Senior Circuit Class

If you are 65 or older and would like to join a supervised weight training circuit class that takes place in the weight room then this class is for you. A personal trainer will contact you upon registration for an initial consultation.

### Aquatic Centre

Mon, Wed 65Y & up \$106

218177 Jan 10-Mar 23 8-9am

Tue, Thu 65Y & up \$106

198566 Jan 11-Mar 24 11:30am-12:30pm

## Adult Fitness Program

### Fifty Plus Circuit Training

Did you know that no factor contributes as much to life satisfaction in older adults than leisure and fitness participation? Or that adults who maintain a regular routine of physical activity can significantly reduce their risk for disease and enhance function? This fun and challenging class is geared toward 50+ adults who wish to maintain or improve their overall health and fitness.

### Aquatic Centre

Tue, Thu 50Y & up \$188

198568 Jan 11-Mar 24 2pm-3pm

## Fit Chicks

Stay in shape and spend time with your daughter too. Come and join in the mother/daughter workout for moms and 5-10 year old girls. This class will follow a basic aerobic class format including group activities and education. This is a great way to introduce your daughter to fitness and meet new friends. (Instructors: Dede Urqhart and daughter Rachel Urqhart.) Drop-ins welcome \$12.

### West Vancouver Community Centre

Mon \$110

216536 Jan 10-Mar 14 5:30pm-6:30pm

## Latin Funk™ with Gustavo

GET FIT Latin style with Gustavo's unique fusion of Latin (6 styles) together with Hip-Hop and Afro-Funk moves. You will dance to the hottest Latin pop music around, this high-energy dance fitness class goes beyond just dancing and getting in shape. It's uplifting, fun and entertaining!!!

### West Vancouver Community Centre

Tue 16Y & up \$105

216537 Jan 18-Mar 22 10:20am-11:20am

Drop-in option: \$12 or 2 fitness tickets or Wave pass plus \$5.

## Yoga/Mind Body/ Tai Chi

### Adapted Yoga and Ball

This class is ideal for adults with chronic health or neurological problems, and for those recovering from illness or injury. It is a gentle, slow paced class, which encourages awareness of how the body moves, and improves flexibility, strength and stamina without use of repetitive movement. Mind/body exercises and guided meditation also stimulate the immune system to promote healing, reduce stress and tension and also create a sense of well-being and calm.

### West Vancouver Community Centre

Fri 19Y & up \$110

216522 Jan 14-Mar 18 10:15am-11:30am

## Buildingcalm