



Aerobics Schedule: September 6 - December 23, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 12-Dec 12 No session Oct 10	Sep 6-Dec 13	Sep 7-Dec 14	Sep 8-Dec 15	Sep 9-Dec 16 No session Nov 11	Sep 3-Dec 17 No session Oct 29
Step Combo 70812 Lynne 9:30am-10:25am	Zumba 70821 Marina 9:30am-10:25am	Step Combo 70811 Bonnie 9:30am-10:25am	Zumba 73905 TBA 9:30am-10:25am	Step Cardio 70814 Michelle 9:30am-10:25am	Zumba 70825 Marina 9:15am-10:10am
Refit 70785 Lynne 10:30am-11:25am		Refit 70787 Bonnie 10:30am-11:25am		Refit 70784 Michelle 10:30am-11:25am	
Power Cardio 70809 Monika 6:00pm-6:55pm	Total Body Conditioning 70817 Bonnie 6:00pm-6:55pm	Zumba 70822 Marina 6:00pm-6:55pm	Total Body Conditioning 70819 Bonnie 6:00pm-6:55pm		

Mild

Refit: A gentle class geared for the older participant or those new or returning to fitness.

Moderate

Step & Strength: This class incorporates easy to follow routines using the step for a great cardio workout, as well as building strength and endurance using various tools.

Step Cardio: Longer cardio to burn fat and to increase your cardiovascular capacity.

Step Combo: A mix of Step and Hi/Lo cardio followed by strength and core training.

Zumba: Zumba is a mix of dance and fitness: a fusion of latin and international music and movement.

Challenging

Total Body Conditioning: This class incorporates strength and cardio segments using equipment such as dumbbells, resistance bands, and body bars for a total body workout. It will give you a fun, challenging workout and a functionally fit core.

Fees	Adult	Youth	Refit
Drop-In	\$4.52 + tax	\$2.62 + tax	\$3.33 + tax
10 Tickets	\$38.10 + tax	N/A	\$26.67 + tax
Fit Tag	\$142.86 + tax/15 weeks		

- Strip tickets are not eligible for LAC discounts.
- Flexipass does not include aerobics classes.
- A Fit Tag allows you to enjoy any of the classes on our aerobic schedule for an entire session or portion thereof. The Fit Tag is prorated so you can purchase at any time.
- Refit tickets are accepted for Refit only.

WE WANT TO HEAR FROM YOU!

Do you have program idea?
Do you have feedback?
Would you like to offer a course?
Get in touch! marpolecc@vancouver.ca