



Aerobics Schedule: Sep 5-Dec 23, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 11-Dec 18 No session Oct 9, Nov 13	Sep 5-Dec 19	Sep 6-Dec 20	Sep 7-Dec 21	Sep 8-Dec 22	Sep 9-Dec 23 No session Oct 28
Step Combo 117488 TBA 9:30am-10:25am	Zumba 117501 Marina 9:30am-10:25am	Step Combo 117489 Bonnie 9:30am-10:25am	Zumba 117053 Silva 9:30am-10:25am	Body Blast 117434 Hiroko 9:30am-10:25am	Zumba 117054 Marina 9:15am-10:10am
Refit 117479 TBA 10:30am-11:25am		Refit 117480 Bonnie 10:30am-11:25am		Refit 117481 Hiroko 10:30am-11:25am	
Power Cardio 117477 Monika 6:00pm-6:55pm	Total Body Conditioning 117492 Bonnie 6:00pm-6:55pm	Zumba 117052 Marina 6:00pm-6:55pm	Total Body Conditioning 117493 Don 6:00pm-6:55pm		

Mild

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

Moderate

Body Blast: A full body workout that includes cardio kickboxing, muscle strengthening, and core conditioning.

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: Incorporates strength and cardio segments using dumbbells, resistance bands, and body bars for a total body workout.

Power Cardio: A mixture of cardio and body conditioning with high intensity intervals and a focus on core at the end of class.

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	Fall Sep 2-Dec 23 \$152.38+ tax/16 weeks		

- All fitness strip tickets and fit tags will now be loaded on your Onecard.
- 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