



## Aerobics Schedule: April 3 - September 1, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Apr 3-Aug 28 No session Apr 17, May 22, Jul 3, Aug 7	Apr 4-Aug 29	Apr 5-Aug 30	Apr 6-Aug 31	Apr 7-Sep 1 No session Apr 14	Apr 8-Jun 24
<b>Step Combo</b> 100150 100245 Lynn 9:30am-10:25am	<b>Zumba</b> 100156 100255 Marina 9:30am-10:25am	<b>Step Combo</b> 100151 100246 Bonnie 9:30am-10:25am	<b>Zumba</b> 100159 100257 Silva 9:30am-10:25am	<b>Body Blast</b> 100163 100196 Hiroko 9:30am-10:25am	<b>Zumba</b> 100160 Marina 9:15am-10:10am No session Jun 3
<b>Refit</b> 100152 100237 Lynn 10:30am-11:25am		<b>Refit</b> 100153 100238 Bonnie 10:30am-11:25am		<b>Refit</b> 100154 100239 Hiroko 10:30am-11:25am	
<b>Power Cardio</b> 100155 100236 Monika 6:00pm-6:55pm	<b>Total Body Conditioning</b> 100161 100250 Bonnie 6:00pm-6:55pm	<b>Zumba</b> 100158 100256 Marina 6:00pm-6:55pm	<b>Total Body Conditioning</b> 100162 100251 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	Spring Apr 3-Jun 30 \$123.81 + tax/13 weeks Summer Jul 4-Sep 1 \$85.71 + tax/9 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](mailto:marpolecc@vancouver.ca)