

# FITNESS NEW WEST GET FIT NOW!

September 4 - December 31, 2018



  
NEW WESTMINSTER

## DROP-IN FITNESS CLASSES

### **AFTERNOON STRETCH** (50+ years, CCC)

A gentle stretch class that will improve flexibility, joint mobility, range of motion, balance and help to prevent injury. Participants need to transfer from standing to floor work. Please bring your own yoga mat.

### **AQUAFIT CLASSES**

**SHALLOW WATER AQUAFIT** - A low impact workout for all fitness levels.

**DEEP WATER AQUAFIT** - Use of a floatation belt gives a zero impact environment while suspended in water. Ability to swim in deep water is strongly recommended.

**AQUA ZUMBA** - A low impact, high energy workout with upbeat music for all fitness levels. Done in shallow water.

### **BODY FLOW** (14+ years, CCC)

A fusion class that includes 30 minutes of total body conditioning with 30 minutes of Power Yoga. Please bring your own yoga mat.

### **CARDIO & CORE** (14+ years, QCC)

A fusion class that combines 30 minutes of cardio and 30 minutes of core and overall strengthening moves.

### **CARDIO MIX** (14+ years, CCC)

A mix of cardio training styles and body conditioning with light dumbbells, resistance tubing and stability balls.

### **CORE FITNESS** (14+ years, CCC)

A core-conditioning workout that focuses on abdominal, lower back, gluteal and balance exercises.

### **CORE STRETCH** (14+ years, CCC)

A fusion class that combines 30 minutes of core and balance work with 30 minutes of full body stretching. Please bring your own yoga mat.

### **CYCLE** (14+ years, CCC)

A 55-minute all-levels class combines a variety of indoor cycling intervals and drills to give you a non-impact cardio workout.

### **CYCLE FIT** (14+ years, CCC)

A class that combines 35 - 40 minutes of indoor cycling with 10 - 15 minutes of body conditioning and core training exercises, using dumbbells and tubing.



### **CYCLE PLUS** (14+ years, CCC)

A 70-minute endurance class that features longer hills, faster sprints and more challenging drills! Last Sunday 11:00 am class of every month.

### **CYCLE PARTY** (14+ years, CCC)

Every Friday at 5:30 pm enjoy different instructors, theme-based rides and fun music! Ain't no party like a Cycle Party! Check the schedule for this week's theme and reserve your spot!

## CYCLE CLASS RESERVATION INFORMATION

- After 8:30 am on Sundays you can RESERVE a bike for any class in the next week
- Reservations require a pass or admission fee payment
- Pick up your reservation confirmation at least 5-minutes prior to class time or your reservation is released to waiting participants
- Reservations are non-refundable
- No class admittance once the class has started
- New participants should arrive 10 minutes early for bike set up and use assistance

## F. I. T. (Focused. Intense. Training.)

(14+ years, CCC & QCC)

An intense workout that alternates basic exercises for cardio, body conditioning and core training into a challenging interval format.

## F.I.T. BODY (14+ years, CCC)

All body conditioning, no cardio!

## GENTLE CARDIO AM (14+ years, QCC)

A more aerobic exercise based class geared towards older adults. Gradually get your heart rate up during this fun and energizing class.

## HATHA YOGA (14+ years, QCC)

A class that uses posture and stretches in combination with the breath to encourage alignment, improve balance, increase strength and help calm the mind and body.

## POWER YOGA (14+ years, CCC)

A class that links classic Hatha Yoga poses in flowing sequences that are both physically challenging and also promote body, mind and breath awareness. Please bring your own yoga mat.

## STEP & SCULPT (14+ years, CCC)

A high energy, easy-to-follow cardio workout on the STEP that also includes a blend of dumbbell, resistance tubing and stability ball exercises.

## STEP MIX (14+ years, CCC)

A combination of cardio training, body conditioning and core exercises, that uses the STEP and a variety of training equipment.

## PILATES MAT (14+ years, CCC)

A precise system of exercises to improve flexibility, strength, endurance, along with concentration, breathing and overall core strength. Class limited to 20 participants. Sign-up begins 30 minutes before class starts. Please bring your own yoga mat.

## STRETCH AND STRENGTH

(50+years, QCC)

Strengthen your muscles using light weights, tubing and your own body weight to build endurance and maintain bone mass. This class will finish off with stretching and relaxing.



## STRETCH (14+ years, CCC)

A full body stretch class that will relax and lengthen muscles, improve range of motion, flexibility, balance, and help prevent injury. Please bring your own yoga mat.

## TOTAL BODY CONDITIONING

### BOOT CAMP (14+ years, QCC)

A high energy class that combines cardio, strength and flexibility. Always varied and challenging to get you the results you want.

## WORKOUT (14+ years, CCC)

A high energy class that expertly combines the major components of fitness: flexibility, muscular strength, endurance and low and high impact aerobic training.

## WORKOUT LITE (14+ years, CCC)

A moderate version of the Workout, featuring a shorter cardio section, more low impact alternatives and lower repetition exercises.

# FITNESS NEW WEST DROP-IN SCHEDULES

## CENTENNIAL COMMUNITY CENTRE FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:20 - 9:20am						STEP & SCULPT	PILATES MAT
9:20 - 10:20 am	WORKOUT	CARDIO MIX	WORKOUT	CARDIO MIX	WORKOUT		
9:30 - 10:30 am						POWER YOGA	WORKOUT
10:30 - 11:30 am	CORE STRETCH		POWER YOGA		CORE STRETCH		
10:45 - 11:45 am						STEP MIX	CORE FITNESS
2:30 - 3:30 pm	AFTERNOON STRETCH						
5:15 - 6:15 pm	F.I.T	BODY FLOW	F.I.T BODY	BODY FLOW	F.I.T		
6:20 - 7:20 pm	POWER YOGA	STRETCH	POWER YOGA	STRETCH			
6:30 - 7:30 pm					POWER YOGA		
7:25 - 8:25 pm	WORKOUT LITE	STEP MIX	WORKOUT LITE	STEP MIX			

## CENTENNIAL COMMUNITY CENTRE INDOOR CYCLING SCHEDULE

9:30 am	CYCLE FIT		CYCLE FIT		CYCLE FIT	CYCLE FIT	CYCLE FIT
10:30 am		CYCLE		CYCLE			
11:00 am						CYCLE	CYCLE
5:15 pm			CYCLE FIT				
5:30 pm	CYCLE	CYCLE		CYCLE	CYCLE PARTY		
7:30 pm	CYCLE	CYCLE FIT	CYCLE	CYCLE FIT			

## QUEENSBOROUGH COMMUNITY CENTRE FITNESS DROP-IN SCHEDULE

9:00 - 10:00 am		NORDIC WALKING					
9:15 - 10:15 am	STRETCH & STRENGTH (50+)		GENTLE CARDIO A.M. (50+)				
9:30 - 10:30 am							CARDIO & CORE
6:30 - 7:30 pm	TBC BOOT CAMP		F.I.T				
7:45 - 8:45 pm	HATHA YOGA						

## CANADA GAMES POOL AQUAFIT SCHEDULE

9:30 - 10:15 am					SHALLOW AQUAFIT 40+		
10:30 - 11:15 am	DEEP WATER AQUAFIT	DEEP WATER AQUAFIT	DEEP WATER AQUAFIT	DEEP WATER AQUAFIT	DEEP WATER AQUAFIT		
1:30 - 2:15 pm	SHALLOW AQUAFIT 40+		SHALLOW AQUAFIT 40+				
5:45 - 6:30 pm		SHALLOW AQUAFIT		SHALLOW AQUAFIT			
8:30 - 9:15 pm	DEEP WATER AQUAFIT	ZUMBA AQUAFIT	DEEP WATER AQUAFIT	ZUMBA AQUAFIT			



## WEIGHT ROOM HOURS

FACILITY	MONDAY - FRIDAY	SATURDAY	SUNDAY
CANADA GAMES POOL *Fitness Advisor available everyday 1:00 pm until closing.	5:30 am - 9:55 pm (Friday, 10:25 pm)	8:00 am - 8:25 pm	8:00 am - 9:55 pm
QUEENSBOROUGH COMMUNITY CENTRE *Fitness Advisor available: Weekdays 5:00 - 9:00 pm Saturday 2:00 - 5:30 pm.	7:00 am - 9:30 pm	8:30 am - 5:30 pm	8:30 am - 8:30 pm

\*See our Fitness Advisors for a free workout program or fitness advice.

## FITNESS CLASS DROP-IN FEES

SERVICE	LOCATION	AGE	Active 1	Active 10	ACTIVE 30	ACTIVE 90	ACTIVE 365
FITNESS, AQUAFIT, INDOOR CYCLING & AQUATIC	CCC, CGP & QCC	6 - 12	\$3.00	\$24.00	\$27.00	\$81.00	\$19.80/Month
		13 - 18	\$4.25	\$34.00	\$38.25	\$114.75	\$28.06/Month
		19 - 64	\$6.25	\$50.00	\$56.25	\$168.75	\$41.25/Month
		65+	\$3.75	\$30.00	\$33.75	\$101.25	\$31.50/Month
CHILD MINDING	CCC & CGP	1 mth - 5 yrs	\$4.75	\$38.00			

## CANADA GAMES POOL FITNESS CENTRE (15+ years)

Canada Games Pool has weight room areas that offer a range of options no matter what your fitness experience is! After a stress-relieving workout, you can enjoy a whirlpool and sauna session, or all day access to lane swimming.

### Downstairs Fitness Area

- 3,000 square foot space provides the best machines and equipment to add variety to any fitness routine!
- A 20-station exercise circuit area that includes In Flight fitness equipment for a total body workout; a great option if you have limited time.
- 22 meters of turf that is great for sled workouts, sprints, and some rehabilitation specific movements.
- A 12- piece Hammer Strength section for all abilities allowing you to increase strength and improve your body composition.
- Soft Plyometric boxes, Precor stretcher, Reverse Lower Back Machine, AirFit Bikes, agility ladder, battle ropes, 2 stretching areas and slam balls complete the space.

### Main Fitness Area

- 5,000 square feet, filled with free weights, equipment used for rehab and sport specific training and cable machines make this a destination fitness centre!
- Cardiovascular - 35-piece section of: climb mills, steppers, self-propelled and traditional treadmills, elliptical trainers, recumbent and upright bikes will give your heart and legs a great workout.
- Stretching - benefit from a dedicated space to improve your flexibility and for core stability and training

## QUEENSBOROUGH FITNESS CENTRE (15+ years)

Work on your fitness goals in our friendly and non-intimidating bright and open fitness centre with vaulted ceilings.

## CHILDMINDING SERVICE (1 mth - 5 years)

Available for parents participating in a program at Canada Games Pool or Centennial Community Centre. Your child will receive expert care, play with great toys and meet new friends. Children are not allowed in the gym during fitness classes.

**Centennial Community Centre 604.777.5100**

Mon. - Fri., 9:15 - 11:30 am & 4:30 - 6:30 pm

Sat. & Sun., 8:15 am - 12:00 pm

**Drop-in Fee: \$4.75**

**\$38.00 for 10 hours**

## REGISTERED FITNESS CLASSES

### PILA-YOGA (18+ years)

This is a combination of Pilates and Yoga to strengthen and tone muscles along with improving flexibility, posture, mobility, core strength and overall well-being.

**Queensborough Community Ctr. 604.525.7388**

Tuesday 7:00 - 8:00 pm

September 11 - October 23

**Registration Fee: \$47.80**

**13899**

November 6 - December 11

**Registration Fee: \$41.00**

**13900**

### YOGA - DEEP STRETCH AND RELAXATION (18+ years)

A class that emphasizes long, passive, supported stretches to increase flexibility, release tension and calm the nervous system.

**Queensborough Community Ctr. 604.525.7388**

Wednesday 7:45 - 8:45 pm

September 12 - October 24

November 7 - December 19

**Registration Fee: \$47.80**

**11858**

**11859**

### PRE-NATAL YOGA (18+ years)

Gentle yoga postures appropriate to the changing needs of the pregnant woman's body. Please bring your own yoga mat.

**Centennial Community Centre 604.777.5100**

Sunday, 9:30 - 10:30 am

September 16 - October 28

**12515**

November 4 - December 16

**12516**

**Registration Fee: \$47.80**

### BEGINNERS YOGA (18+ years)

This introductory program will provide the basic postures, breathing practice, and language of yoga for the beginner. Please bring a pillow and mat.

**Centennial Community Centre 604.777.5100**

Friday, 1:00 - 2:00 pm

September 21 - December 7

**Registration Fee: \$81.95**

**12523**

### KUNDALINI YOGA (18+ years)

This class incorporates movement, dynamic breathing techniques, meditation, and the chanting of mantras. Bring a blanket and water to class.

**Centennial Community Centre 604.777.5100**

Thursday, 9:30 - 11:00 am

**12517**

Thursday, 6:45 - 8:15 pm

**12518**

September 13 - December 13

**Registration Fee: \$141.55**

### IYENGAR YOGA (18+ years)

This class is a form of Hatha Yoga that has an emphasis on detail, precision, and alignment in the performance of posture and breath control while developing strength and improving mobility and stability.

**Centennial Community Centre 604.777.5100**

Monday, 8:00 - 9:30 pm **Beginners 12519**

Monday, 6:30 - 8:00 pm **Level 1 12520**

September 10 - November 26

**Registration Fee: \$101.10**

### HATHA YOGA (18+ years)

This physical style of yoga incorporates Asanas (postures), Pranayama (breathing exercises), and Dhyana (meditation) which help bring peace to the mind and body. Perfect for the beginner to advanced yogi.

**Centennial Community Centre 604.777.5100**

Wednesday, 1:00 - 2:00 pm

September 19 - December 5

**Registration Fee: \$81.95**

**12522**



## CANADA GAMES POOL & FITNESS CENTRE FALL MAINTENANCE CLOSURE

August 25 - October 7, 2018.

Fall Schedule in effect October 8, 2018.





**ZUMBA COMBO (18+ years)**

This class combines regular Zumba with Zumba Toning using toning sticks to enhance rhythm and tone all “target zones”. Classes feature exotic rhythms and Latin and international beats.

**Centennial Community Centre 604.777.5100**  
 Monday, 5:25 - 6:25 pm  
 September 17 - December 3 (no class Oct. 8 & Nov. 12)  
**Registration Fee: \$68.30 12512**

**TAI CHI (18+ years)**

Embrace mind, body, and spirit through the ancient excises of Tai Chi. Movements are slow, fluid and gentle on the joints and ligaments, and aim to improve muscle strength, balance, and flexibility.

**Centennial Community Centre 604.777.5100**  
 Friday, 11:00 am - 12:30 pm  
 September 21 - December 7  
**Registration Fee: \$101.40 12526**

**MINDFUL QIGONG: HEALING AND REVITALIZING (18+ years)**

Learn the gentle, healing movements for the health of body and mind as how to develop qi (energy) and mindfulness. Meet at the Bandshell in Queen’s Park. Class held rain or shine: dress appropriately. Learn-Mindfulness.org

**Queens Park Bandshell 604.777.5100**  
 Saturday, 8:15 - 9:15 am  
 September 8  
**Registration Fee: \$13.00 12524**

**MINDFULNESS MEDITATION: ONLINE CLASS (18+ years)**

Class includes mindfulness lessons and practice. Join the online classes with your smartphone or computer. To join or for more info visit: [LearnMindfulness.org/c2](http://LearnMindfulness.org/c2).  
**Queens Park Bandshell 604.777.5100**

Monday, 9:30 - 10:30 am  
 November 27  
**Registration Fee: Free 12525**

**TIME (18+ years)**

TIME is a community based exercise program for people with balance and mobility challenges. The class is offered as a circuit-style exercise program in a structured, safe and fun environment. This is a partnered program with the Fraser Health Authority. Participants must be able to walk 30 feet.

**Centennial Community Centre 604.777.5100**  
 Tuesday & Thursday, 1:30 - 2:30 pm  
 September 4 - October 25  
 October 30 - December 20  
**Registration Fee: \$188.50 12527 12528**

**YOGA FOR THE THIRD AGE (50+ years)**

This gentle yoga practice is aimed at creating ease and mobility in the mind, body and spirit with guided meditation, breath work, and yoga poses. Please bring a pillow and mat.

**Centennial Community Centre 604.777.5100**  
 Thursday, 11:30 am - 12:30 pm  
 September 13 - December 13  
**Registration Fee: \$95.60 12521**



For more fitness options in New Westminister for ages 50+ at Century House or at the Anvil Centre:

[www.newwestcity.ca/parks-and-recreation/facilities/century-house](http://www.newwestcity.ca/parks-and-recreation/facilities/century-house)

[anvilcentre.com/media/Fall-2018-Brochure.pdf](http://anvilcentre.com/media/Fall-2018-Brochure.pdf)



**CENTENNIAL COMMUNITY CENTRE**

65 East Sixth Avenue • New Westminister  
 604.777.5100

Monday - Thursday .....9:00 am - 8:30 pm  
 Friday .....9:00 am - 8:00 pm  
 Saturday - Sunday .....8:30 am - 1:00 pm

**CANADA GAMES POOL & FITNESS CENTRE**

65 East Sixth Avenue • New Westminister  
 604.526.4281

Monday - Thursday .....5:30 am - 10:00 pm  
 Friday .....5:30 am - 10:30 pm  
 Saturday .....8:00 am - 8:30 pm  
 Sunday .....8:00 am - 10:00 pm

**QUEENSBOROUGH COMMUNITY CENTRE**

920 Ewen Avenue • New Westminister  
 604.525.7388

Monday - Friday. ....7:00 am - 9:30 pm  
 Saturday .....8:30 am - 5:30 pm  
 Sunday .....8:30 am - 8:30 pm