

FITNESS NEW WEST

GET FIT NOW!

September 3 - December 31 2019



DROP-IN FITNESS CLASSES



Afternoon Stretch (14+ years, CCC)

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

Aquafit Classes (15+ years, CGP) SHALLOW WATER AQUAFIT

A fun, 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 required.

AQUA ZUMBA

A low-impact, high energy workout with upbeat music for all fitness levels. Class held in shallow water.

Body Flow (14+ years, CCC)

An energizing fusion combining 30 minutes of total body conditioning with 30 minutes of Power Yoga. Please bring your own yoga mat.

Cardio Mix (14+ years, CCC)

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

Core Stretch (14+ years, CCC)

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

Cycle (14+ years, CCC)

Explore a variety of indoor cycling intervals and drills to give you a non-impact cardio workout. All levels welcome. 55 minutes.

Cycle Express (14+ years, CCC)

A quick class for those looking to fit an efficient, non-impact workout over the lunch-hour. All levels welcome. 45 minutes.

Cycle Fit (14+ years, CCC)

A dynamic class! Combine 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. Challenge yourself with longer hills, faster sprints and more intense drills! Offered the on last Sunday of each month at 11:00 am.

F. I. T. (Focused. Intense. Training.) (14+ years, CCC)

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

Cycle Class Reservations

- After 8:30 am on Sundays you can RESERVE a bike for any class in the next week
- Reservations require a pass or drop-in 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 admittance once the class has started
- New participants should arrive 10 minutes early for bike set up and use assistance

F.I.T. Body (14+ years, CCC)

All body conditioning, no cardio but still a great sweat!

Hatha Yoga (14+ years, QCC)

Suitable for a variety of abilities providing improvements in strength, flexibility, and posture. Guided by an experienced Yoga Instructor.

Pilates Mat (14+ years, CCC, QCC)

A precise system of exercises to improve flexibility, strength, endurance, along with concentration, breathing and overall core strength. Please bring your own yoga mat.

Power Yoga (14+ years, CCC)

Classic Hatha Yoga poses in flow sequence offering a physical challenge while promoting body, mind and breath awareness. Please bring your own yoga mat.



Strength & Stretch (14+ years, QCC)

Strengthen your muscles using weights, tubing and your own body weight. Enjoy an extended relaxing stretch to finish.

Step & Sculpt (14+ years, CCC)

A high energy, easy-to-follow cardio workout on the STEP that 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.

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 to class.

Tabata Training (14+ QCC)

An interval-style class following a Tabata format – short, intense work intervals that incorporate a variety of conditioning and cardio moves.

T.B.C. Boot Camp (14+ years, QCC)

Total body Conditioning! Expect cardio, strength, endurance and flexibility in this energetic and lively workout.

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 Workout with the same high energy! Features a shorter cardio section, more low-impact alternatives, and fewer repetition exercises.

Zumba (14+ years, CCC & QCC)

Join the dance party! A total workout and dance party in one that combines all the elements of fitness - cardio, muscle conditioning, balance, flexibility, and boosted energy in an energetic and fun choreographed style.

FITNESS NEW WEST DROP-IN SCHEDULES

CENTENNIAL COMMUNITY CENTRE FITNESS SCHEDULE

65 East Sixth Avenue • 604.777.5100

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:20 - 9:20 am						STEP & SCULPT	PILATES
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						ZUMBA	F.I.T. BODY
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	Childminding Service available for shaded classes	
7:25 - 8:25 pm	WORKOUT LITE	STEP MIX	ZUMBA	STEP MIX			

CENTENNIAL COMMUNITY CENTRE INDOOR CYCLING SCHEDULE

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9:30 am	CYCLE FIT		CYCLE FIT		CYCLE FIT	CYCLE FIT	CYCLE FIT
10:30 am		CYCLE		CYCLE			
11:00 am						CYCLE	CYCLE *CYCLE PLUS
12:10 pm			CYCLE EXPRESS				
5:30 pm	CYCLE FIT	CYCLE	CYCLE FIT	CYCLE	CYCLE	Childminding Service available for shaded classes	
7:30 pm	CYCLE	CYCLE FIT	CYCLE	CYCLE FIT			

*Join us on the last Sunday of each month for a 70-minute endurance class, Cycle Plus. Challenge yourself with longer hills, faster sprints and more intense drills!

QUEENSBOROUGH COMMUNITY CENTRE FITNESS SCHEDULE

920 Ewen Avenue • 604.525.7388

9:15 - 10:15 am	STRENGTH & STRETCH	TABATA TRAINING	STRENGTH & STRETCH				PILATES MAT
6:15 - 7:15 pm	TBC BOOT CAMP		TBC BOOT CAMP				
6:30 - 7:30 pm					ZUMBA		
7:30 - 8:30 pm	HATHA YOGA	HATHA YOGA					

CANADA GAMES POOL AQUAFIT SCHEDULE

65 East Sixth Avenue • 604.526.4281

9:30 - 10:15 am					OVER 40'S		
10:30 - 11:20 am	DEEP WATER	DEEP WATER	DEEP WATER	DEEP WATER	DEEP WATER		
1:30 - 2:15 pm	OVER 40'S		OVER 40'S			Schedule in effect September 18. Canada Games Pool is closed for maintenance September 3 - 17	
5:45 - 6:30 pm	SHALLOW END		SHALLOW END				
8:30 - 9:15 pm		ZUMBA		ZUMBA			
8:30 - 9:20 pm	DEEP WATER		DEEP WATER				

WEIGHT ROOM HOURS

FACILITY	MONDAY - FRIDAY	SATURDAY	SUNDAY
CANADA GAMES POOL *Fitness Advisor available: Monday - Friday 1:00 - 10:00 pm Saturday 8:00 am-12:00 pm & 4:30 -8:30 pm Sunday 11:00 am-3:00 pm & 5:00 -10:00 pm	5:30 am - 9:55 pm	8:00 am - 8:25 pm	8:00 am - 9:55 pm
QUEENSBOROUGH COMMUNITY CENTRE *Fitness Advisor available: Monday - Friday, 5:15 - 9:30 pm Tuesday, 10:00 am - 2:00 pm Saturday, 1:30 - 5:30 pm Sunday, 8:30 am - 12:30 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 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+	\$4.50	\$36.00	\$40.00	\$120.00	\$29.75/Month
CHILD MINDING	CCC & CGP	1 mth - 5 yrs	\$5.00	\$40.00			

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 hot tub 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 a non-intimidating, bright and friendly fitness centre.

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 & 5:00 - 7:00 pm

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

Drop-in Fee: \$5.00 or \$40.00 for 10 hours

REGISTERED FITNESS CLASSES

Pre-Natal Yoga (18+ years)

A gentle practice 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 8 - October 6

Registration Fee: \$37.50 29008

October 20 - December 1

Registration Fee: \$52.50 29009

Beginner's Yoga (18+ years)

An introduction to the basic postures, breathing practice, and language of yoga. Please bring a pillow and your own yoga mat.

Centennial Community Centre 604.777.5100

Wednesday, 10:45 - 11:45 am

September 11 - October 23 **28679**

October 30 - December 11 **30171**

Registration Fee: \$52.50

Iyengar Yoga (18+ years)

A form of Hatha Yoga with emphasis on detail, precision, and alignment in the postures. Practice breath control while developing strength and improving mobility and stability. Beginners develop a solid base while Level 1's explore more advanced poses. Bring your own yoga mat.

Centennial Community Centre 604.777.5100

Monday, 8:00 - 9:30 pm **28612**

Monday, 6:30 - 8:00 pm Level 1 **28610**

September 9 - December 16 (no class Oct. 14 & Nov. 11)

Registration Fee: \$146.30

Kundalini Yoga (18+ years)

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

September 26 - October 31 **28680**

November 7 - December 12 **30175**

Registration Fee: \$67.50

Thursday, 7:30 - 9:00 pm

September 12 - October 24 **28836**

November 7 - December 19 **30178**

Registration Fee: \$78.80

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. Please bring your own yoga mat.

Centennial Community Centre 604.777.5100

Wednesday, 9:30 - 10:30 am

September 11 - December 11 **28658**

Friday, 11:45 am - 12:45 pm

September 13 - December 13 **28992**

Registration Fee: \$105.00

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Fitness Centre Circuit Training (15+ years)

Join a fun and energetic circuit training group in our fitness centre. You will enjoy instructed and supervised workouts that include the use of cardio, weight equipment, free weights, stability balls, Bosu and balance to achieve a full body workout while working at your own pace.

Canada Games Pool 604.526.4281

Thursday, 10:30 - 11:30 am

September 26 - October 17 **29339**

October 24 - November 14 **29343**

November 21 - December 12 **29344**

Registration Fee: \$48.00

Queensborough Community Ctr. 604.525.7388

Saturday, 9:00 - 10:00 am

October 19 - December 14

Registration Fee: \$99.60 29207

Zumba Combo (18+ years)

Regular Zumba with Zumba Toning sticks to enhance rhythm and tone arms, abs, glutes, and thighs.

Centennial Community Centre 604.777-5100

Monday, 5:25 - 6:25 pm

September 9 - November 25 (no class Oct. 14 & Nov. 11)

Registration Fee: \$75.00 28994

Zumba Gold (50+ years)

Zumba fuses hypnotic Latin rhythms with easy-to-follow dance moves to create a one-of-a-kind fitness program. These Zumba Gold classes are specialized for older adults.

Centennial Community Centre 604.777.5100

Saturday, 9:30 - 10:30 am

October 19 - November 30

Registration Fee: \$52.50 30241

Tai Chi (19+ years)

Embrace mind, body and spirit through the ancient practice of Tai Chi. The slow, fluid movements are gentle on the joints and ligaments and help with improving muscle strength, balance, flexibility, and stress reduction.

Centennial Community Centre 604.777.5100

Friday, 10:00 - 11:30 am

September 13 - November 15

Registration Fee: \$112.50 28839

Vinyasa Flow (18+ years)

Increase muscle, endurance, and flexibility and help relieve stress. Vinyasa Flow is a faster paced yoga class synchronizing the breath with a continuous and smooth flow of postures.

Centennial Community Centre 604.777.5100

Friday, 1:00 - 2:00 pm

September 13 - December 13

Registration Fee: \$105.00 29007

Yoga for the Third Age (55+ years)

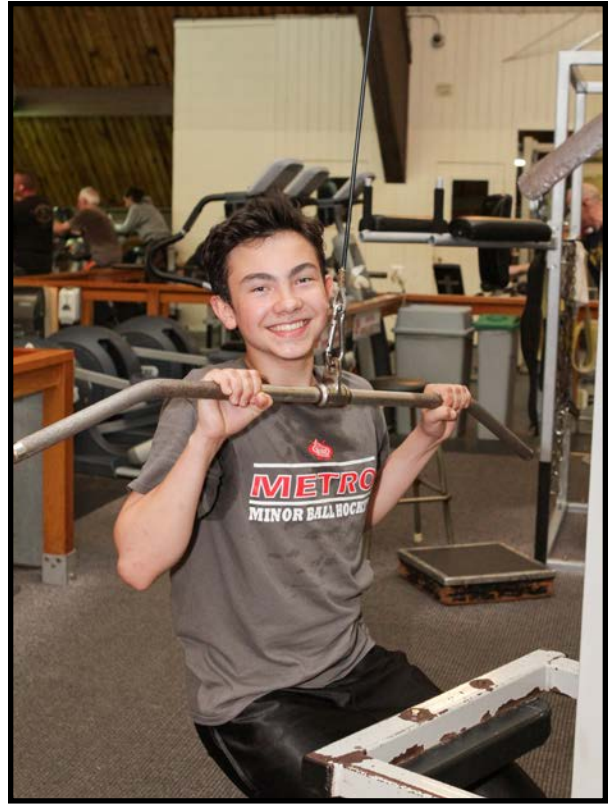
Work at your own pace in this gentle yoga practice aimed at creating ease and mobility in the mind, body and spirit. Each class includes guided meditation, breath work, yoga poses, and a guided closing relaxation. Please bring a pillow and your own yoga mat.

Centennial Community Centre 604.777.5100

Thursday, 11:30 am - 12:30 am

September 12 - December 12

Registration Fee: \$105.00 28681



Centennial Community Centre

65 East Sixth Avenue • 604.777.5100

Monday - Thursday9:00 am - 8:30 pm
 Friday9:00 am - 8:00 pm
 Saturday - Sunday8:30 am - 1:00 pm

Canada Games Pool & Fitness Centre

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Monday - Friday5:30 am - 9:55 pm
 Saturday8:00 am - 8:25 pm
 Sunday8:00 am - 9:55 pm

Queensborough Community Centre

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Monday - Thursday7:00 am - 9:30 pm
 Friday7:00 am - 8:30 pm
 Saturday8:30 am - 5:30 pm
 Sunday8:30 am - 8:30 pm

**For more fitness options in
 New Westminster visit:
newwestcity.ca/fitness**