

FITNESS NEW WEST

GET FIT NOW!

January 2 - March 31, 2019




NEW WESTMINSTER

DROP-IN FITNESS CLASSES

AFTERNOON STRETCH (14+ 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.

BOLLYX (14+ years, QCC)

A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world.

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 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

CYCLE PLUS (14+ years, CCC)

A 70-minute endurance class that features longer hills, faster sprints and more challenging drills!

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.

PILATES MAT (14+ years, CCC)

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)

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.

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 (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 LITE (14+ years, CCC)

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

WORKOUT (14+ years, CCC, 50+years, CH)

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

ZUMBA (14+ years, QCC)

A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy in a choreographed style.

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
5:30 pm	CYCLE	CYCLE	CYCLE FIT	CYCLE	CYCLE PARTY		
7:30 pm	CYCLE	CYCLE FIT	CYCLE	CYCLE FIT			

QUEENSBOROUGH COMMUNITY CENTRE FITNESS DROP-IN SCHEDULE							
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		ZUMBA		
7:30 - 8:30 pm		BOLLYX					
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			

• March 18 - 31 - See the Canada Games Pool Spring Break Aquafit schedule for changes •

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 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 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 & 5:00 - 7:00 pm

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

Drop-in Fee: \$4.75

\$38.00 for 10 hours

REGISTERED FITNESS CLASSES

PRE-NATAL YOGA (18+ years)

This class facilitates the pregnant woman's time to nurture, gently relax, release and attune to her changing body and her rapidly growing baby within. Gentle yoga postures will enhance the natural, vital and restorative energies of the pregnant woman's body and mind. Please bring your own yoga mat.

Centennial Community Centre 604.777.5100

Sunday, 9:30 - 10:30 am

January 13 - March 10

Registration Fee: \$63.40

17620

KUNDALINI YOGA (18 + years)

Called "the yoga of awareness" Kundalini Yoga is unique and taught in "kriyas" actions aimed at purifying the mind and body while awakening and releasing your inner energies. Be prepared to chant, move, dance, hold poses longer, repeat them more often and learn a variety of deep and highly effective breathing techniques. Classes end with a deep relaxation and closing chant. Suitable for all skill levels. Please wear comfortable clothing you can move in and bring a blanket and water to class.

Centennial Community Centre 604.777.5100

Thursday, 9:30 - 11:00 am

17621

Thursday, 6:45 - 8:15 pm

17622

January 10 - March 14

Registration Fee: \$105.00

IYENGAR YOGA (18+ years)

Iyengar Yoga is a method of yoga instruction that focuses on adapting poses to the individual needs making it suitable for all levels. Breathing and alignment draw your attention inward to create 'moving meditation'. Quiet your mind while increasing flexibility, strength and mobility. Beginners work towards a solid foundation of the poses and technique while Level 1's do more complex poses. Previous Iyengar yoga practice, and instructor approval, is required for Level 1. Bring your own mat.

Centennial Community Centre 604.777.5100

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

17623

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

17624

January 7 - March 11 (no class Feb. 18)

Registration Fee: \$94.50



HATHA YOGA (18+ years)

Hatha Yoga includes three distinct yet coexisting practices. Asanas (postures), Pranayama (breath/energy manipulation) and Dhyana (meditation). The resulting effect is a deep understanding of how the body, mind and spirit are all connected. Postures may be held extensively to bring attention to alignment whilst building strength, flexibility and concentration. Hatha Flow is perfect for the beginner to advanced yogi.

Centennial Community Centre 604.777.5100

Wednesday, 12:30 - 1:30 pm

17625

January 9 - March 13

Friday, 12:30 - 1:30 pm

18167

January 11 - March 15

Registration Fee: \$70.40

VINYASA FLOW (18+ years)

Vinyasa Flow is a faster paced yoga class that synchronizes the breath with a continuous smooth flow of postures. This class will not only help increase muscle, endurance and flexibility, but can also reduce stress while creating a clear mind and an open heart.

Centennial Community Centre 604.777.5100

Friday, 1:30 - 2:30 pm

January 11 - March 15

Registration Fee: \$70.40

18168

BEGINNERS YOGA (18+ years)

Contrary to what some believe you don't need to be flexible or live on green juice to do yoga. This introduction program will provide the language and basic postures of yoga; breathing practice; foundational sequence of Sun Salutations; and the confidence to continue taking yoga. Please bring a pillow and mat.

Centennial Community Centre 604.777.5100

Wednesday, 1:30 - 2:30 pm pm

January 9 - March 13

Registration Fee: \$70.40

17626

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 will include guided meditation, breath work, yoga poses and a guided closing relaxation. Please bring a pillow and mat.

Centennial Community Centre 604.777.5100

Thursday, 11:30 am - 12:30 pm

January 10 - March 14

Registration Fee: \$70.40

17627

MINDFULNESS MEDITATION:

ONLINE CLASS (19+ years)

Relax, restore and relieve stress. Cultivate inner peace and happiness, and become refreshed. Live online class includes practice and lessons taught by an experienced mindfulness teacher. Participate class on your smart phone or computer while being in the comfort of your home. Stay at home and visit: LearnMindfulness.org/c24 to attend the online class

Centennial Community Centre 604.777.5100

Tuesday, 8:00 - 8:45 pm

January 29 - February 19

Registration Fee: Free (must register)

17628

TIME (19+ years)

Together In Movement & Exercise is a circuit-style exercise program designed to benefit adults with conditions such as stroke, acquired brain injury or multiple sclerosis after discharge from formal rehabilitation. This is a partnered program with the Fraser Health Authority and led by BCRPA registered instructors. Participants must be able to walk 30 feet.

Centennial Community Centre 604.777.5100

Tuesday & Thursday, 1:30 - 2:30 pm

January 8 - February 28

March 5 - April 25

Registration Fee: \$188.50

17630

18166



ZUMBA COMBO (18+ years)

This class combines regular Zumba with Zumba Toning which uses lightweight, maraca-like Toning Sticks to enhance rhythm and tone all 'target zones' including arms, abs, glutes and thighs. Classes feature exotic rhythms set to high-energy Latin and international beats. Janice Stevens instructor.

Centennial Community Centre 604.777.5100

Monday, 5:25 - 6:25 pm

January 7 - March 11 (no class Feb. 18)

Registration Fee: \$63.40

17619

TAI CHI (19+ years)

Embrace mind, body and spirit through the ancient exercise of Tai Chi. Learn and go through slow fluid movements that are gentle on the joints and ligaments to improve muscle strength, balance, flexibility and stress reduction.

Centennial Community Centre 604.777.5100

Friday, 11:00 am - 12:30 pm

January 11 - March 15 (no class March 1)

Registration Fee: \$78.90

17629

FITNESS CENTRE CIRCUIT TRAINING

An instructed and supervised workout in the Fitness Centre that includes the use of cardio, weight equipment, free weights, stability balls, bosu & balance to achieve a full body workout. Work at your own pace in a small group environment. Spaces are limited.

Queensborough Community Ctr. 604.525.7388

Sunday, 10:45 - 11:45 am

January 13 - February 3

February 17 - March 10

Registration Fee: \$48.00

16597

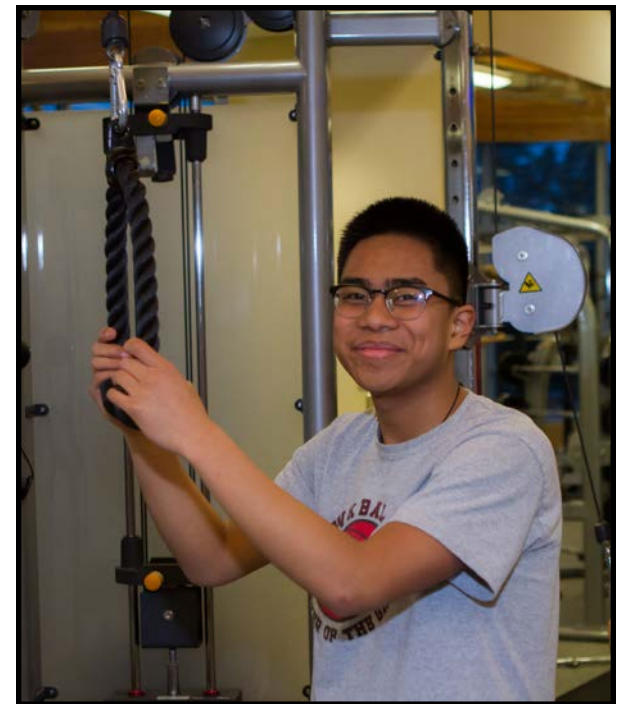
16598



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

www.newwestcity.ca/parks-and-recreation/facilities/century-house

anvilcentre.com/media/Winter-2019-Brochure.pdf



CENTENNIAL COMMUNITY CENTRE

65 East Sixth Avenue • New Westminster

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

65 East Sixth Avenue • New Westminster

604.526.4281

Monday - Thursday5:30 am - 10:00 pm

Friday5:30 am - 10:00 pm

Saturday8:00 am - 8:30 pm

Sunday8:00 am - 10:00 pm

QUEENSBOROUGH COMMUNITY CENTRE

920 Ewen Avenue • New Westminster

604.525.7388

Monday - Friday.7:00 am - 9:30 pm

Saturday8:30 am - 5:30 pm

Sunday8:30 am - 8:30 pm