

**Hastings Community Centre**  
**2011 Aerobics Schedule**  
 3096 East Hastings Street (at Lillooet Street)  
 Phone: 604-718-6222

~ Fall ~  
 Sept 6 – Dec 31 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>*Step &amp; Sculpt</b> 9:15 - 10:15am Sharon	<b>*Total Body Conditioning</b> 9:15 - 10:15am Alexandra	<b>*Step</b> 9:15 - 10:15am Sharon		<b>*Total Body Conditioning</b> 9:15 - 10:15am Romeo Alexandra	<b>Step &amp; Sculpt</b> 9:15 - 10:15am Sharon	<b>CARDIO FIT</b> 10 – 11:30am Sharon
	<b>Mild &amp; Total Fitness</b> 10:45-11:40am Nargis Seniors Drop-in \$3.25			*Childminding available. Call 604-718-6233 for more information.		
	<b>STEP</b> 5:30 - 6:30pm Sharon	<b>Step &amp;</b> 5:30 - 6:30pm Sharon	<b>STEP</b> 5:30 - 6:30pm Sharon	<b>Holiday Closures:</b> <b>No aerobics Sept 5, Oct 10, Nov 11, Dec 25 – 26 and Jan 1.</b>		

CLASS	LEVEL	DESCRIPTION
<b>Mild &amp; Total Fitness</b>	Beginner	Warm up, Cardio, Strengthening – Using weights and bands, Floor work, Stretching.
<b>Step</b>	All Fitness Levels	For participants who want a moderate cardio workout. Newcomers welcome. Choreographed patterns followed by strength training with weights and tubing.
<b>Step &amp; Sculpt</b>	Intermediate to Advanced	For moderately fit individuals who want to increase their muscular endurance and challenge their cardiovascular system After the warm up, cardio is alternated with strength training.
<b>Total Body Conditioning</b>	Intermediate to Advanced	For fit individuals who want to challenge their strength and cardio endurance. This class focuses on total body strengthening, targeting your abs and fully sculpting your upper and lower body. You will be challenged with agility ladders, tubing, ball sculpting, step, skipping, and weights.
<b>Cardio Fit</b>	Intermediate to Advanced	Challenge your cardiovascular endurance. Various routines that target the core & postural muscles. An intense 90 minute class.

Fees	Adult	*Youth/Student/ Senior
<b>Drop-in</b>	\$4.50	\$4.50
<b>10 tickets</b>	\$39.00	\$39.00
All participants must purchase an annual Hastings Community Centre membership.		

	Adult	*Youth/Student/ Senior
<b>1 Month Pass</b>	\$44.75	\$22.50
<b>3 Month Pass</b>	\$89.50	\$44.75
<b>1 Year Pass</b>	\$274.75	\$137.25
* Must show current full-time status student card from acceptable post secondary institution and / or proof of age.		