

Mount Pleasant Community Centre
Group Fitness / Aerobics Schedule
 1 Kingsway (corner of Kingsway and Main)
 Phone: 604-257-3080

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Core Strength & Stretch 5:30-6:30pm Monika		Interval Step 5:30-6:30 Lisa		Boxercise Plus 8:10-9:25am Zlata	
Sculpt & Strength 6:30-7:30pm Lela	Hi/Lo Combo 6:30-7:30pm Tracy	Boxercise 6:30-7:30pm Zlata	Hi/Lo Combo 6:30-7:30pm Tracy			

Class Descriptions

Sculpt & Strength	A fast-paced and challenging class designed to strengthen every muscle in your body! A combination of weight bearing and non-weight bearing exercises are performed to tone and shape your body.
Boxercise	Shadowbox your way to improved stamina and coordination! You'll learn boxing moves and skipping skills guaranteed to be a great workout.
Boxercise Plus	Boxing moves followed by weights and core workout. It's a FULL BODY WORKOUT! 75 minutes
Core Strength & Stretch	This class will strengthen all the muscles responsible for good posture including your abdominals. An extended stretch component makes this the perfect class for unwinding after a stressful day.
Hi/Lo Combo	Cardiovascular endurance and muscular strength for the entire body using weights, steps and manual resistance.
Interval Step	Alternate dynamic sequences of step cardio with challenging body conditioning exercises and core training and get an incredible total body workout. This class suits a variety of fitness levels as there are options to work hard, easy or somewhere in-between.

Fees (GST incl).	Adult (19)	Youth (13 - 18)	Senior (60+)
Drop-in	\$4.25	\$2.70	\$2.70
Strip of 10 tickets	\$36.00	\$23.00	\$23.00
1 month	\$32.00	\$20.00	\$20.00
3 month	\$80.00	\$48.00	\$48.00

Mount Pleasant Community Centre is jointly operated by the Mount Pleasant Community Association and the Vancouver Board of Parks and Recreation.

For more information please visit vancouverparks.ca