

Renfrew Park Community Centre

Aerobics Schedule

2929 East 22nd Avenue (at Renfrew Street)

Phone: 604-257-8388 Email: renfrewcc@vancouver.ca

Schedule Effective January 3 – March 31, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:05-10:05 am TBC with Lucy Room 110	9:00-10:00 am Hi-Lo with Sharon Gymnasium	9:05-10:05am Zumba with Alicia Gymnasium	9:00-10:00 am Hi-Lo with Sharon Gymnasium	9:00-10:00 am Step Sculpt with Sharon Gymnasium	10:30-11:30 am Zumba With Luly Located at Windermere Secondary School. 3155 E 27 th Ave	
	10:10-11:10am Osteofit with Berdjus Room 110 \$6/drop in		10:10-11:10 am Total Fitness- Mild with Sharon Gymnasium	10:00-10:50 am Easy Exercise with Narjis Room 110		
	10:10-11:10 am Total Fitness- Mild With Sharon Gymnasium	Osteofit Tuesdays See page 14 in our brochure for more information.				
7:00-8:00 pm Zumba with Luly Gymnasium	6:00-7:00 pm Step Sculpt with Jacquie Room 110	7:00-8:00 pm Zumba With Luly Gymnasium	7:05-8:05 pm Cardio Fit with Melanie Gymnasium			

Class Descriptions

Zumba	Zumba is a fusion of Latin and International music- dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. The easy-to-follow steps are fun and designed for everyone at any fitness level.
TBC- Total Body Conditioning	A total body workout integrating both strength and cardio in an interval format. This class mixes plyometrics, circuit training, weights, bands, steps and much more
Step Sculpt	A combination of cardio and strength training to increase muscular tone and strength.
Hi-Lo	A beginner/moderate class including warm-up, 20 minutes cardio, strength- work with weights & hands then finishing with stretch & relaxation.
Cardio Fit	High and low impact moves are combined to create this moderate cardio class. Strength conditioning and stretch follow the cardio segment.
Total Fitness, Easy Exercise & Osteofit are geared to seniors but adults are welcome.	
Total Fitness	A mild to moderate class for seniors and people starting fitness activities. It has warm-up, aerobic, cool down, stretch and strength components.
Easy Exercise	This is an easy to follow class with chair work followed by use of resistant bands, light hand weights, low impact cardio and flexibility training.
Osteofit	The classes focus on improving strength, posture, balance and agility, through the use of functional exercises, agility activities, resistance training and appropriate stretches.

Aerobics Fees (HST inc)	Youth (13 - 18 yrs)	Adult (19 - 65 yrs)	Senior (65+)
Drop-in	\$2.75	\$4.50	\$2.75
10 Class Card	\$25.00	\$39.00	\$25.00
Fall Pass (Jan 3-Mar 31, 2012)		\$130	