

Aerobic Class Descriptions

Moderate Classes

Hi/Lo Impact: A vigorous aerobic workout incorporating both high and low cardio moves, muscular endurance and flexibility exercises.

Step/ Step n' Sculpt/ Step n' Gymstick:

An invigorating step cardio routine followed by strength and flexibility component for a balanced workout. Step n' sculpt has an increased emphasis on muscle conditioning exercises.

Zumba: Classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

Advanced Classes

Core Training: Conditioning class which focuses on strength and stability for the entire body including core stabilizers, upper and lower body. Class will use body balls, hand weights, resistance bands, etc. Cardio Core adds a cardio component to class.

TBC: A strength and endurance class to change all muscle groups using hand weights, resistance bands, and other equipment. Cardio & TBC includes a portion of low impact cardio with a TBC style format.

Mild Classes

Gentle Fit (Advanced): A complete workout featuring options for performing all exercises in chairs. The goal is to promote unaided mobility through gentle cardiovascular exercise. Perfect for beginners or persons with decreased mobility. Advanced classes feature increased challenge.

Mild/Moderate: A well-rounded, low impact workout that is easy to follow. Work the major muscle groups safely using weights and/ or resistance bands.

Zumba Gold: A modification of regular Zumba made to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere.

Moderate Classes

Cardio Cross Trainer: Cross training offers variety while emphasizes differing muscle groups. Hi/Low, step, kickboxing or athletic power moves are round off with body strengthening exercises and stretches. Some yoga, Pilates, balls and balance moves maybe incorporated.

Cardio Stretch: 20 minutes of cardio, 10 minutes of core work and a nice long 30 minute stretch. This is a good compliment to TBC Classes.

Early Risers Keep Fit: Jump start your morning with a hi/low impact aerobic class followed by stretch and relaxation.



Aerobics Schedule



Winter 2012



Hours of Operation

Monday-Friday	6:00am - 10:00 pm
Saturday	7:00am - 7:00 pm
Sunday	9:00am - 5:00 pm

Kerrisdale Community Centre

5851 West Boulevard, Vancouver, BC
604-257-8100

www.kerrisdalecc.com

Winter Aerobics Schedule

Membership Required

Kerrisdale Community Centre Society requires **all users** of the Centre to purchase a Community Centre membership.

Membership costs help keep our program and drop in prices low! Membership costs are as follows:

Adult (19 – 64 yrs)	\$13
Youth (0 – 18 yrs)	\$9
Seniors (65 yrs+)	\$8
Family**	\$20

***Family is defined as a household with two (2) parents & children (under 18 years of age) living in the same home address.*

Rates	Adult	Youth/ Seniors
Drop in	\$4.75	\$3.75
Fit Card 10 Class	\$43.00	\$34.50
Fit Chip 17 Weeks	\$156.00	\$125.00

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:20-7:15am	Early Risers Keep Fit (G) Bonnie				Early Risers Keep Fit (G) Monika		
9:00-10:00am	TBC (G) Meg	Step (A) Camille	TBC (G) Meg	Zumba Gold (G) Stephanie	Cardio Stretch (G) Meg	Zumba (G) Tanya 9:30-10:30am	
		Cardio & Stretch (G) Meg	Gentle Fit (S) Audrey	Core Training (A) Meg *Ends 10:15am	Gentle Fit (S) Berdjis		
9:15-10:15am	Step n' Sculpt (A) Lee-Anne	Gentle Fit (S) Audrey	Cardio Core (A) Diane *Ends 10:30am		Cardio Cross Trainer (A) Camille	Core Training (A) Charlene *Ends 10:30am	Step n' Gymstick (A) Mike *Ends 10:25am
10:30-11:30am	Advanced Gentle Fit (A) Dee	Mild/ Moderate (A) Audrey		Low Impact (A) Dee		Gentle Fit (S) Audrey	
5:30-6:30pm	Zumba (A) Tanya		Zumba (A) Tanya		Legend: A = Auditorium (max 40) G = Gymnasium (max 100) S = Seniors Centre (max 30)		
5:45-6:45pm		Step n' Sculpt (A) Rilla		Step n' Sculpt (A) Rilla			

*****Fit Chips entitle pass holders to unlimited aerobics classes*****