

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

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 No class July & August
	<b>MILD &amp; TOTAL FITNESS</b> 10:30-11:25am Sharon Seniors Drop-in \$3	<b>STEP &amp; SCULPT</b> 5:30 - 6:30pm Sharon	<b>STEP</b> 5:30 - 6:30pm Sharon	*Kidspace (Childminding) available Sept – June. Call 604-718-6222 for more information		
<b>CARDIO STRENGTH</b> 6:00-7:00pm Alexandra	<b>STEP</b> 5:30 - 6:30pm Sharon			<b>HOLIDAY CLOSURES</b> Please call 604-718-6222 for more information <b>There will be no evening aerobics classes from February 12 to 28, 2010</b>		

CLASS	LEVEL & DESCRIPTION
<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.
<b>MILD &amp; TOTAL FITNESS</b> Beginner	Warm up, Cardio, Strengthening – Using weights and bands, Floor work, Stretching.
<b>CARDIO STRENGTH</b> Intermediate to Advanced	Total body conditioning focusing on strength, endurance and balance. Tubing, weights, body balls and more are used in this challenging class.

Fees (GST incl)	Adult	*Youth/Student/Senior
<b>Drop-in</b>	\$4.25	\$4.25
<b>10 tickets</b>	\$37.80	\$37.80
All participants must purchase an annual Hastings Community Centre membership.		

	Adult	*Youth/Student/Senior
<b>1 Month Pass</b>	\$42	\$21
<b>3 Month Pass</b>	\$84	\$42
<b>1 Year Pass</b>	\$257.50	\$128.75
* Must show current student card from acceptable post secondary institution and / or proof of age.		