

Mount Pleasant 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 Monica				Boxercise Plus 9:15-10:30am Zlata	
Sculpt & Strength 6:30-7:30pm Michelle	Hi/Lo Combo 6:30-7:30pm Tracy	Boxercise 6:30-7:30pm Zlata	Hi/Lo Combo 6:30-7:00pm Tracy			
		Slim & Firm 8:15-9:15pm Selena				

Class Descriptions

Slim & Firm	A class mixed with dance and sport moves. Fun ways to reshape your body and burn fat while keeping you motivated.
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.

Fees (GST incl).	Adult (19)	Youth (13 - 18)	Senior (60+)
Drop-in	\$3.75	\$2.75	\$2.00
Strip of 10 tickets	\$29.50	\$22.00	\$16.00
1 month	\$32.50	\$24.50	\$18.00
3 month	\$77.50	\$34.00	\$27.50

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