

Hillcrest Centre Group Fitness Schedule

4575 Clancy Loranger Way
Phone: 604-257-8680



Schedule effective from April 1 to June 30, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Athletic Step 9:15-10:15am	Interval Training Camp 9:15-10:15am	Cardio Core Training Camp 9:15-10:15am	Interval Training Camp 9:15-10:15am	Athletic Step 9:15-10:15am		
	Fun Fitness 11:15am- 12:15pm		Fun Fitness 11:15am- 12:15pm			
	Step & Sculpt 6:45-7:45pm					
Schedule and fees are subject to change without notice.						

Athletic Step

A basic step class with easy to follow patterns. Your instructor will demonstrate more challenging moves for those looking for a higher intensity workout.

Interval Training

A dynamic training class is designed to tone and sculpt your entire body. Using a variety of equipment including free weights, resistance tubing and body balls we alternate bouts of core exercises with cardio intervals. This effective workout will improve your muscular strength and endurance as well as your aerobic capacity.

Step & Sculpt

Experience a high energy, easy-to-follow cardio workout on the step. Next, challenge your muscles and shape your body using a creative blend of dumbbell, tubing and core training exercises. This classic workout ends with a relaxing cool down and stretch.

Fun Fitness

A gentle but invigorating workout that is ideal for seniors, people rehabilitating from injury or those new to fitness. * Note: it is recommended that individuals starting a new fitness program consult with their physician.



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