

Kensington Community Centre Winter 2012 - Fitness Centre Schedule

5175 Dumfries Street (at 37th Avenue)

Phone: 604-718-6200

Email: kensingtoncc@vancouver.ca

Fitness Centre will be closed on December 25, December 26 2011, and January 1 2012.

Open January 2, 2012 from 9:00am-10:00pm

WEIGHT TRAINING AND CARDIO ROOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am 10:00 PM	7:30am 10:00 PM	7:30am 10:00 PM	7:30am 10:00 PM	7:30am 10:00 PM	9:00 AM 4:00 PM	9:00 AM 10:00 PM

CIRCUIT TRAINING ROOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am-9:45am 2:00pm-6:45pm 7:45pm-10:00pm	7:30am- 9:15am 11:15am-6:45pm 7:45pm-10:00pm	7:30am-9:15am 1:45pm-10:00pm	7:30am-9:15am 11:15am-6:45pm 7:45pm-10:00pm	7:30am-5:45pm 7:45pm-10:00pm	9:00am-4:00pm	9:00am-10:00pm

FEATURES / SERVICES

Wheelchair accessible • Whirlpool • Sauna • Drop-in Fitness Opportunities

PARK BOARD FITNESS PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Happy Hearts 10:00-11:00am 12:30-1:30pm • Resolution Bootcamp Circuit Blast 7:00-7:30pm	Conditioning Class for Older Adults and Seniors 9:30-11:00am • Resolution Bootcamp Killer Abs 7:00-7:30pm	Happy Hearts 9:30-10:30am 11:00-12:00pm 12:30-1:30pm	Conditioning Class for Older Adults and Seniors 9:30-11:00am • Resolution Bootcamp Circuit Blast 7:00-7:30pm	Body Sculpt 6:00-6:45pm • Resolution Bootcamp Killer Cardio 7:00-7:30pm		

CARDIO EQUIPMENT

Circuit Training Room (13 machines)	Cardio Room (15 machines)
Treadmills (2) • Elliptical Trainers (2) Rowing Machines (3) • Schwinn Fan Bikes (2) Stationary Bikes (1) • Recumbent Bike (1) Seated Stepper (NuStep) (1) • Seated Elliptical (1)	Treadmills (4) • Elliptical Trainers (3) • Keiser M3 Spin Bikes (2) • Stairclimbers (2) • Stationary Bikes (2) • Rowing Machine (1) Schwinn Fan Bikes (1)

WEIGHT TRAINING EQUIPMENT

Dumbbells (3-80 lb) • Olympic Bars and Plates • Power Squat Rack • Glute-ham Raise
Captains Chair • Adjustable Benches • Cable Rack • Pec/Rear Delt. Fly Machine
Exercise Balls • Medicine Balls • BOSU Trainers

2012 Fees and Charges

2012 Fees & Charges Not including HST	Drop-in (Single)	10-visit card	1 Month Flexipass	3 Month Flexipass	6 Month Flexipass	12 Month Flexipass
Adults (19-64 yrs)	\$5.36	\$42.86	\$43.75	\$114.29	\$197.32	\$357.14
Youth (13-18 yrs)	\$3.79	\$30.36	\$30.36	\$80.36	\$138.39	\$250.00
Seniors (65+)	\$3.79	\$30.36	\$30.36	\$80.36	\$138.39	\$250.00



The Vancouver Board of Parks and Recreation maintains 200 parks and 40 major facilities throughout the City of Vancouver. The Park Board's mission is to provide, preserve and advocate for parks and recreation to benefit all people, communities and the environment.

For more information please visit vancouverparks.ca