

ALL BODIES COMMUNITY RECREATION AND FITNESS GROUP Fall 2024

September 9 - December 20

For all ABC programs please register first on the master roster 521851

ABC Core Programs – Use ABC Flexipass, ABC Dropin or ABC 10 pass Card

ABC Specialty Programs – Additional registration required (some select drop ins)

MON	TUE	WED	THU	FRI	Sat	SUN	
Unison Circuit Online 9:15-10:15am	Balance Core Strength Online 11am-12pm	Unison Circuit Online 9:15-10:15am	Roll Stretch Recover Online 11am-12pm	Online classes are currently complimentary, to attend join our elist & get zoom links and program updates. Ask kate.lee@vancouver.ca			
Active & Strong Trout 11:00-12:00pm	Active & Strong Hillcrest 10:15-11:15am	Active & Strong Trout 11:00-12:00pm	Active & Strong Hillcrest 10:15-11:15am	Active & Strong Trout 11:00-12:00pm	Cycle Intro Hillcrest 10:00-11:00am Reg Monthly Drop space permitting	Active & Strong Douglas 10:00-11:00am	
Active & Strong Sehatmand te Taqatvar In Punjabi & Hindi Kensington 10:30-11:30	Hip & Knee Hillcrest 11:30-12:30pm Register-521849	Active & Strong Sehatmand te Taqatvar In Punjabi & Hindi Sunset 11:15-12:15	Hip & Knee Hillcrest 11:30-12:30pm Register-521848			Recumbent Circuit Kensington 11:30-12:30pm Invitation only	
	Stand/Strong & Balance Hillcrest 12:45-1:45pm Register-521857	Qi Gong Kensington 11:30-12:30pm	Stand/Strong & Balance Hillcrest 12:45-1:45pm Register-521856				
Hip & Knee False Creek 1:00-2:00pm Register-521846		Hip & Knee False Creek 1:00-2:00pm Register-521934					
		Stand/Strong & Balance Kensington 1:00-2:00 pm Register-521858					
Walk/Strong Balance Kensington 3:30-4:30 pm		Walk Strong & Balance Kensington 2:15-3:15pm					
Hip & Knee Kensington 5:00-6:00pm Register-521847	Recumbent Kensington 5:00-6:30pm Invitation only	Introduction to Walking Soccer Douglas Park 2:45-3:45pm	Recumbent Kensington 5:00-6:30pm Invitation only	Yoga & Relaxation Kensington 5:30-6:45pm		 Scan for more information about ABC programs, schedule change & updates	
	Strength & Core Kensington 6:00-7:00pm		Strength & Core Kensington 6:00-7:00pm	Learn to Play Sledge Hockey 5:15-6:40pm Reg Weekly			
Intro to Athletic Intervals Hillcrest 5:45-6:45pm	Cycle Intro Hillcrest 6:00-7:00pm Reg Monthly Drop space permitting	Intro to Athletic Intervals Douglas Park 6:00-7:00pm	Cycle Intro Hillcrest 6:00-7:00pm Reg Monthly Drop space permitting		 		
Free Workshops Hillcrest 6:00-7:30pm Register by topic	Multi-Sports Hillcrest 6:15-7:15pm		Walking soccer Hillcrest 6:15-7:15pm				
HILLCREST	TROUT LAKE	FALSE CREEK	KENSINGTON	DOUGLAS PARK	MOUNT PLEASANT	SUNSET	CREEKSIDE

Online classes are currently complimentary, to attend join our elist

It is always OK to choose not to do an exercise if it doesn't feel right for you – ABC respects you know your body best.

Led by qualified, fitness, yoga and other professionals specializing in making your exercise experience positive.

No classes stat holidays or stat weekends

Classes are subject to change without notice

For more ABC information contact kate.lee@vancouver.ca

An ABC Flexipass gives you access to ABC Core Programs, fitness centres, swimming pools, and ice rinks throughout the city.

You can purchase your ABC Flexipass for the duration of 1, 3, or 12 months.

[MASTER ROSTER 521851](#)

September 5, 2024

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ABC welcomes every body but some activities may be more suitable than others.

If you're not sure which class is right for you, please contact kate.lee@vancouver.ca

ABC Activity Descriptions

Stand Strong and Balance *Specialty Program

- For folks at considerable risk for falls limited by mobility who would be otherwise unable to attend community-based classes. Focus on strength and balance. Walking aids welcome.

Walk Strong and Balance

- For folks at risk for or afraid of falling and who may or may not attend other community classes. Focus on strength, stability, gait and gradual increase walking duration. Walking aids welcome.

Active and Strong

- Designed for **older adults** and accommodating a wide range of fitness levels looking for a supportive fitness experience. Thoughtful coaching offers various exercise options to ensure everyone feels included and supported. The class provides functional exercises to help participants stay strong for daily activities and build muscle strength to support joints. Includes exercises to improve balance and reduce fall risk while emphasizing technique and control. (**NEW pilot in Punjabi and Hindi "Sehatmand te Taqatvar" Kensington & Sunset**)

Introduction to Indoor Cycling 20-20-20 *Specialty Program

- Welcoming all ages – 20 minutes cycling, 20 minutes strength, 20 minutes stretch. Learn how to set up your bike, monitor your intensity, gain confidence as you improve your cardio and increase strength and flexibility.

NEW!!! Introduction to Athletic Intervals

- Designed for **younger adults** and accommodating a wide range of fitness levels looking for a supportive fitness experience. Thoughtful coaching provides various exercise options to ensure everyone feels included and supported. This class combines short cardio and strength intervals of higher intensity with bouts of rest & recovery. Exercises are simple and intensity easily individualized.

Strength and Core

- Using a variety of equipment and bodyweight with an ongoing variety of exercise you will develop a solid foundation for daily activities and challenges.

Recumbent Group & Recumbent Circuit

- For folks with limited mobility or challenges requiring alternate workout options. By Invitation only

Hip and Knee Strength and Mobility *Specialty Program

- With emphasis on technique and control learn functional exercises to help you improve strength and control in muscles supporting hips and knees

Yoga and Relaxation

- Safe easy to follow Yoga poses with guidelines and tips to begin or continue your Yoga practice.

The first class of each month welcomes new students 15 minutes early providing time to meet the teacher, ask questions and have an orientation before the regular class begins. Please be sure to arrive 15 minutes early.

Qi Gong

- Combining body movement with mental focus and controlled breathing to improve strength, balance & health.

Walking Soccer and Multi sports

- A variation on traditional soccer and other sports aimed at keeping people playing and involved with sport.

***Specialty Program – Requires specific and master roster registration**