

ALL BODIES COMMUNITY RECREATION AND FITNESS GROUP FALL 2025

For all ABC programs please register first on the master roster 573548

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

MON	TUE	WED	THU	FRI	SAT	SUN
Strength & Core Mt Pleasant 9:00-10:00am Sep22-Dec15						Active & Strong Douglas 10:00-11:00am Sep14-Dec14
Yoga for Amputees Hillcrest 9:30-10:45pm Sep8-Dec15	Active & Strong Hillcrest 10:15-11:15am Sep16-Dec16	Qi Gong Kensington 11:30-12:30pm Sep10-Dec17	Active & Strong Hillcrest 10:15-11:15am Sep25-Dec18			Recumbent Circuit Kensington - Invitation only 11:30-12:30pm Sep14-Dec14 (no Sep 21 st)
Active & Strong Trout 11:00-12:00pm Sep8-Dec15		Active & Strong Trout 11:00-12:00pm Sep10-Dec17		Active & Strong Trout 11:00-12:00pm Sep 12-Dec 12		 
Active and Strong False Creek 2:15-3:15 pm Sep 15-Dec 15		Walk Strong & Balance Kensington 1:30-2:30pm Sep10-Dec17				Scan for more information about ABC programs, schedule change & updates
	Recumbent Kensington 5:00-6:00pm Invitation only Sep9-Dec16	Introduction to Walking Soccer Douglas Park 2:45-3:45pm Sep10-Dec17	Recumbent Kensington 5:00-6:00pm Invitation only Sep11-Dec18	Yoga & Relaxation Kensington 5:30-6:45pm Sep 12 Dec 19		
ABC Knit 2gether Hillcrest 6:00-7:30pm 2 nd &4 th Mondays	Strength & Core Kensington 6:00-7:00pm Sep9-Dec16	Chair Yoga Douglas Park 6:15-7:15pm Sep17-Dec17	Strength & Core Kensington 6:00-7:00pm Sep11-Dec18			

*Specialty Programs – require both master roster and program registration

MON		TUE	WED	THU		FRI	SAT	SUN	
Sehatmand te Taqatvar In Punjabi & Hindi Kensington 11:15-12:15 Reg – 573527 Sep 15-Dec 15		Hip & Knee Hillcrest 11:30-12:30pm Reg-573542 Sep9-Dec16	Sehatmand te Taqatvar In Punjabi & Hindi Sunset 11:15-12:15 Reg – 573527 Sep17-Dec17	Hip & Knee Hillcrest 11:30-12:30pm Reg-573541 Sep25-Dec18				Indigenous Women Stronger Together Fitness Center Thunderbird 10:30am-12:00pm Reg – 584713 3 dates TBD	
Hip & Knee False Creek 1:00-2:00pm Reg-573539 Sep 15-Dec 15		Stand/Strong/Bal Hillcrest 12:45-1:45pm Reg-573554 Sep9-Dec16	Hip & Knee False Creek 1:00-2:00pm Reg-573548 Sep17-Dec17	Stand/Strong/Bal Hillcrest 12:45-1:45pm Reg-573553 Sep25-Dec18					
GLAD GRAD Creekside 2:15-3:15pm Reg -579799 Sep15-Nov6			Stand/Strong/Bal Kensington 2:45-3:45 pm Reg-573555 Sep10-Dec17 No class oct 1,8,15	GLAD GRAD Creekside 2:15-3:15pm Reg -579799 Sep15-Nov6					
GLA:D Canada Creekside 3:30-4:30pm Reg – 573538 Sep15-Nov6		Indigenous Soccer Revitalizing Orca Mt Pleasant 6:30—7:30pm Reg – 573544 Sep9-Dec16		GLA:D Canada Creekside 3:30-4:30pm Reg – 573538 Sep18-Nov 6			Indigenous Soccer Revitalizing Orca RayCam 3:00-5:00pm Reg – 573544 Sep6-Dec20		
Indigenous Soccer Revitalizing Orca Hillcrest 5:45-6:45pm Reg – 573544 Sep8-Dec15		Indigenous Women Stronger Together Group Hillcrest 6:00-7:00pm Reg – 573545 Sep16-Dec16		Indigenous Women Basketball Hillcrest 6:15-7:15pm Reg 573547 Sep18-De18	Indigenous Women Wellness Hillcrest 6:00-7:00pm Reg 573547 Sep18-De18				
		Intro indoor cycle Hillcrest 6:00-7:00pm Monthly Reg		Intro indoor cycle Hillcrest 6:00-7:00pm Monthly Reg					
Hillcrest	RayCam	Kensington	Trout Lake	False Creek	Thunderbird	Douglas Park	Mount Pleasant	Creekside	Sunset

No classes stat holidays or stat weekends

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

For more information, please contact kate.lee@vancouver.ca

Classes are subject to change without notice

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

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Stand Strong and Balance ***Specialty Program**

- For those 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

- A supportive physical activity experience, accommodating a wide range of abilities this class is designed for **older adults** but welcomes all ages. Functional exercises improve strength and balance for daily activities & reduces risk for falls. Thoughtful coaching offers various options to ensure folks feel included and supported.
- **Sehatmand te Taqatvaar pilot - Active and Strong in Punjabi and Hindi ***Specialty Program****

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

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

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 – by Invitation

- Limited mobility or challenges? Try this alternate workout. Email kate.lee@vancouver.ca for your invitation.

NEW!!! GLA:D Canada ***Specialty Program**

- Provided by Physiotherapist GLA:D is an evidence-based program that focuses on education and exercise to help reduce pain, improve function, and enhance your quality of life for people with knee and hip osteoarthritis.

NEW!!! GLAD GRAD ***Specialty Program**

- For those who have completed GLA:D and would like ongoing, individualized support in a group setting with a physiotherapist.

Hip and Knee Strength and Mobility ***Specialty Program**

- Learn functional exercises with emphasis on technique and control to help you improve strength and control in muscles supporting hips and knees.

Yoga and Relaxation

- Safe easy to follow Yoga, first class of each month welcomes new students 15 minutes early to meet the teacher.

Yoga for Amputees

- For folks with limb loss or variance, focus on yoga, mindfulness while building community in a supportive environment

Yoga with a Chair

- Focus on yoga, mindfulness while building community in a supportive environment

Qi Gong

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

Walking Soccer

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

Specialty programming centering Vancouver’s Indigenous Community

Workout, workshop, and play sports with other First Nation, Metis, & Inuit in a culturally supportive environment designed for health and wellness.

- **Indigenous Women - Stronger Together** – guided strength training (group and fitness centre)
- **Indigenous Women - Wellness** – various wellness activities TBD
- **Indigenous Women - Basketball** – recreational basketball
- **Indigenous Soccer** – recreational soccer