


# Group Fitness Schedule

All instructors are BCRPA certified and registered.

Schedule is subject to change. Please confirm classes on the master schedule outside the group fitness studio. There are no classes on statutory holidays




## Group Fitness Schedule



# Spring 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM	Pilates		Yoga			ZUMBA fitness 45	
9:15 AM	NO SWEAT!	ZUMBA fitness	NO SWEAT!	Bootcamp Blast	ZUMBA fitness	NO SWEAT!	
4:30 PM	Bootcamp Blast 5pm	NO SWEAT!		NO SWEAT!			
6:00 PM		Power Cycle 45	Bootcamp Blast 5:45pm	core cycle 45			
7:00 PM	RVL Party	Registered Yoga	ZUMBA fitness	Pilates			

**VRC Tots**  
 Monday to Friday: 8:45am - 12pm  
 Monday to Thursday: 5PM - 7:30PM

604-859-1331  
 info@vrcfitness.ca

Effective May 6, 2012



# Class Descriptions



## Important Notes

**Please let your class instructor know if you:**

- Are a beginner
- Have back, neck, knee or other joint problems
- Are diabetic, asthmatic or pre/post-natal
- Are taking any medications that may affect your exercise

### Take all classes at your own pace

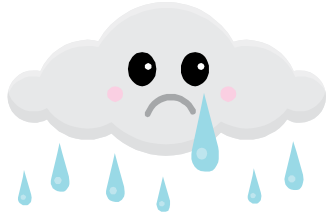
- Please use options and modifications provided
  - If fatigued, drop arms and keep moving
  - If you feel pain anywhere, adjust/stop accordingly
  - If you feel faint or dizzy, stop and ask for assistance

### For best results

- Wear appropriate, non-scuff footwear
- Drink water before, during and after class
- Stay for the cool down. If you must leave, please signal to the instructor that you are ok.

### Safety

- Avoid chewing gum
- Keep water bottles and towels to the side
- listen to instructor's safety cues



## Strength

### No Sweat

60 minute, weight training class using equipment and music to target all major muscle groups. Easy to follow, accessible

## Cardio

### Power Cycle 45

Take a ride on the wild side—no previous cycling experience required! Join our instructors as they take you through a workout that is guaranteed to motivate. Enjoy the benefits of non-impact cardio, where you choose how hard you will work—the sky's the limit!

### Core Cycle 45

Here's a cycle class with a new twist—get that same heart-pumping cardio workout, but get an extra boost of core strength as well! Power your way through this intense 25 minute cycle followed by a fabulous core challenge to invigorate and tone the mid-section.

### Bootcamp Blast

This one hour class is intended for the serious ones who want to sweat their stress away! Integrating strength exercises with simple, yet challenging cardio drills. This class will leave you feeling exhilarated—be ready to kick some butt! All levels welcome.

## Yoga

### Drop in Yoga

Get fit, improve strength, flexibility and balance using Hatha Yoga. Breathing techniques will be combined with a flow of postures to stimulate the body. All levels are encouraged to try this class!

### Registered Yoga Program

A Power/Vinyasa class that combines breathing, flow and balance postures. With a limited number of participants and one-on-one adjustments; *this is well worth the added cost.*

## New and Exciting

### Zumba

Don't you think working out should be fun and exciting? Zumba's use of up-beat rhythms and Latin-inspired dance will have you looking forward to coming to the gym. This calorie-burning class is easy to follow, so even amateur dancers will enjoy the 1 hour, international workout, and get in shape doing it!

### Pilates

Learn to control your muscles with precision and ease. Pilates is an effective method of physical conditioning. It focuses on core muscles and breathing techniques. This is great for challenging your will power, as these exercises require concentration and focus. Relax and tone long, lean muscles during this 45 minute class.

## Weight Management

### RVL Party

Come join and support others in their weight management journey, with talks from local fitness experts, weekly measurements and weigh-ins, and a dance cardio class. This class is welcome to all, so bring a friend!