









Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30am							
8:15am			Yoga			Step Cardio 45	
9:15am		Step Cardio Interval		Step Cardio Interval	Boot Camp Blast		Power Cycle
10:30am						Kick Boxing (Effective Jan.9-Feb.27)	
4:30pm							
5:00pm	Boot Camp Blast		Step Cardio 45				
6:00pm	Power Cycle 6:15pm	Power Cycle	Boot Camp Blast	Power Cycle	<div data-bbox="970 1122 1404 1390" style="border: 1px solid black; padding: 5px;"> <p align="center"><u>VRC TOTS!</u> Monday - Friday 8:30am - 12:30pm Saturday 9am - 12pm</p> </div>		
7:10pm		*Yoga (Registered Program) Jan 26-Feb 25 7:00pm See front desk for details					

All instructors are BCRPA Certified and Registered.
There are no classes on Statutory Holidays.

Schedule is subject to change. Please confirm classes on the master schedule outside the group fitness room.

Ph: 604.859.1331



VRC Fitness Club

Group Fitness Schedule



*Winter
2010*


Effective January 4, 2010

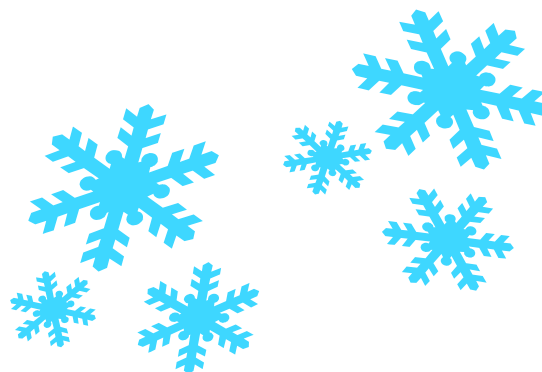


Cardio

Step Cardio 45	An all cardio, high energy class on the step, for all fitness levels. Choose the higher or lower intensity options to get the most out of your workout. Finishes with a cool down and stretch that leaves you feeling energized!
Step Cardio Interval	Get your cardio and strength work in this all-Oin-one 60 minute class! Alternate timed intervals of heart pumping work on the step with strength exercises that incorporate weights, bars and the ball. A great way to get a full cardiovascular workout!
Power Cycle 45	Take a ride on the wild side - no previous cycling experience required! Join our instructors as they take you through an exhilarating workout that is guaranteed to motivate. Enjoy the benefits of non-impact cardio on your own stationary bike where you can choose how hard you will work - the sky's the limit!
Boot Camp Blast	This one hour class is intended for the serious ones that want to sweat their stresses away! Integrating strength exercises with simple yet challenging cardio drills will leave you feeling exhilarated! Be ready to kick some butt. All levels are welcome.
Kick Boxing	If you are experienced fitness enthusiast and want to take your cardio to the next level, come join Lynne for some high energy fun! This 45min class will get you kicking, punching and sweating. You will learn proper techniques for safe and effective workout.

Strength

	This 60 minute energetic weight training class uses bars, dumbbells, music and movement to target all the major muscle groups. Easy to follow, it is accessible to men and women of every fitness level. Increase your muscular strength and endurance and have fun at the same time!
Yoga (Drop-in)	An energetic class using Hatha Yoga to improve strength, flexibility and balance. Breathing techniques will be combined with a flow of postures to stimulate the body. Each class will end with a period of relaxation to restore the mind before you start your day. All levels are encouraged to try this class!
Yoga (Registered Program)	See Front Desk for brochure & details *




Important Notes

Please let your Class Instructor know if you:

- are a beginner
- have back, knee or other joint problems
- are diabetic, asthmatic or pre/post natal
- are taking any medication that may affect you

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 and during the class
- stay for the cool-down. If you must leave, please signal to you instructor that you are OK.

Safety:

- avoid chewing gum
- keep water bottles and towels to side
- listen to instructor's safety cues