



## Fitness Centre, Whirlpool & Sauna

The Cardio Room includes: LifeCycles, Recumbent Cycles, Cross Trainers, Treadmills, Stairmasters and Concept 2 Rowers, stretching area, stability balls, BOSU and more. The Weight Room includes: Free weights, benches, Olympic bars and weight machines including LifeFitness Cable Motion Adjustable Pulleys.

### Fitness Centre Fees

Fees include: use of the Fitness Centre, sauna, whirlpool and change room. All prices include GST. Free locker use. Note: A valid MOCA membership is required to use the Fitness Centre: Adults \$5; Family \$10; Senior, Youth or Child \$3. Strip tickets are not eligible for LAC discounts.

### Hours of Operation

Monday-Thursday . . . . . 8:00 am-9:30 pm  
 Friday . . . . . 8:00 am-8:00 pm  
 Saturday . . . . . 9:00 am-5:00 pm  
 Sunday . . . . . 9:00 am-1:00 pm  
 Statutory Holidays . . . . . 9:00 am-1:00 pm

*Please note that hours of operation are subject to change.*

	Adult 19-64 yrs	Youth 13-18 yrs	Senior 65+ yrs
Drop In	\$5.15	\$3.60	\$3.60
Strip of 10	\$41.15	\$28.80	\$28.80
2010 Flexipass Prices			
1 month	\$41.30	\$28.85	\$28.85
3 months	\$107.95	\$75.55	\$75.55
6 months	\$187.35	\$131.15	\$131.15
12 months	\$338.75	\$237.10	\$237.10

*Park Board 2010 rates subject to change.*

### Corporate/Group Pass

10+ people: 25% off the regular price with proof of eligibility, I.D. required when renewing.

### FlexiPass

The FLEXIPASS pass allows you unlimited access to any Vancouver Park Board Fitness Centre and Swimming Facility for the duration of the pass.

### Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Step Combo</b> Bonnie 9:30-10:25 am	<b>Core Class</b> Betty Lynn 9:30-10:25 am	<b>Step Combo</b> Bonnie 9:30-10:25 am	<b>Core Class</b> Jennifer 9:30-10:25 am	<b>Step Cardio</b> Betty Lynn 9:30-10:25 am	<b>Power Cardio Plus</b> Don 9:15-10:25 am
<b>Refit</b> Bonnie 10:30-11:25 am		<b>Refit</b> Bonnie 10:30-11:25 am		<b>Refit</b> Betty Lynn 10:30-11:25 am	<i>Schedule &amp; fees are subject to change without notice</i>
<b>Power Cardio</b> Don 6:00-6:55 pm	<b>Step Combo</b> Michelle 6:00-6:55 pm	<b>Power Cardio</b> Don 6:00-6:55 pm	<b>Hard Core</b> Michelle 6:00-6:55 pm		

MILD
<b>Refit</b> • Class geared for the older participant or those new or returning to fitness.
MODERATE
<b>Step Combo</b> • A combination of Step and Hi/Lo Cardio and strength conditioning.
<b>CORE Class</b> • Short low impact cardio followed by Core stability fusion incorporating pilates, the toning bar, tubing, bands balance fits and the NEW GLIDERS.
<b>Step Cardio</b> • This Step class has a longer cardio which is guaranteed to burn fat and to increase your cardiovascular capacity.
<b>Hard Core</b> • Balance, stability and "Abs of Steel" this is your extreme core class!
CHALLENGING
<b>Power Cardio</b> • <b>Power Cardio Plus</b> A vigorous workout incorporating athletic Hi and Low impact cardio moves and Pilates, Yoga Strength moves.

### Valentine's Heartbreaker

Come out and support our Fitness Fundraiser for the BC Heart and Stroke Foundation.

This 70 minute cardio class will strengthen your heart as well as raise funds for Heart and Stroke research in BC. Donations will be accepted at the door.

Everyone attending will receive a Valentine's gift bag and be eligible for great draw prizes.

**Saturday, February 13th, 9:15am-10:25am**

Fees	
Drop-in . . . . .	\$3.75 Adult; \$2.25 Youth; \$2.50 Refit
Fit Tickets . . . . .	\$33.25/10 tickets; \$22/10 Refit tickets
Fit Tag . . . . .	\$75/13 weeks (pro-rated)

- Strip tickets are not eligible for LAC discounts.
- A valid MOCA membership is required to attend aerobic classes.
- Flexipass does not include aerobic classes.