



Marpole Place

1305 West 70th Avenue at Hudson
 (The Old Firehall)
 Tel: 604-266-5301
 www.marpoleplace.ca
 moacs@shaw.ca

Day Trips

John Rogers Historical Tour
Fri Mar 26 9:00am-2:00pm - \$23
 (lunch not included)

Lonsdale Quay & Market
Wed Mar 31 10:00am-3:00pm - \$14
 (lunch not included)

Daffodils Bloom
Fri Apr 9 9:30-3:00pm - \$13
 (lunch not included)

Billy Bishop, Granville Island Stage
Wed Apr 14 12:30-4:30pm - \$35
 (lunch not included)

Sunshine Coast & Gibsons Tour
Wed May 12 9:00am-4:30pm - \$25
 (lunch not included)

Special Events

Seniors Social Luncheon
 1st Wednesday of every month
 11:30am-1:30pm \$7 includes: Hot Lunch, Live
 Entertainment & Prizes!

Mad Hatters Luncheon
March 3
 Wear your Wildest Hat!

Spring Fling Luncheon
April 7
 Wear Flowers & Have a Bloomin' Good Time!

Celebrate Mothers @ the Marpole
Mother's Day Tea
May 5



Workshops

Workshops are FREE (unless otherwise noted).
 Register early. Space is limited

Your Tax Free Savings Account

We will discuss the purpose and the benefits of contributing to a Tax Free Savings Account as well as which investments, including mutual funds, are best suited for this. To reserve your seat, contact Edward Jones, Marpole Branch 604-738-1272.

Scarlett Pan
 65435.201MO
 Apr 8 Th 1:00pm-2:00pm FREE

Financial Health Seminar

This seminar will address critical illness, the impact a life-altering condition could have on your financial health and suggests critical illness insurance as a solution to help with the cost of recovery, and to protect your other assets. To reserve your seat, contact Edward Jones, Marpole Branch 604-738-1272.

Scarlett Pan
 65436.201MO
 Jun 12 Sa 2:00pm-3:00pm FREE



Wireless Internet Access

AVAILABLE HERE

Wireless Internet access is now available throughout the Marpole-Oakridge Community Centre. Our wireless network permits free access to the Internet for students, participants, guests and visitors to the centre.



Personal & Family Emergency Preparedness

Emergencies and disasters can strike with little or no warning. Being prepared could save your life or the lives of others and significantly improve your quality of living in the aftermath of a disaster. This session will teach you how to be prepared for any type of emergency or disaster. Pre-registration is required.

Jackie Kloosterboer
 65416.201MO
 May 4 Tu 7:00pm-8:30pm FREE

Art Photo Club of Vancouver

The non-profit amateur photography club meets monthly for members to share and enjoy common interest in photography. Participants will present their works, interchange opinions, experience and information on photography. Annual club fees required for ongoing participation. Guests are welcome to attend. Workshop topics may be presented in Cantonese. For more info contact Mr. J T Tse, 604-266-0116.

Apr 1, May 6, Jun 3 Th 7:00pm-9:45pm



The Benefits of MOCA Membership!

- Access to programs, clubs and groups
 - Subsidizes community activities
 - Drop-in room usage
 - Fitness Centre access
 - New equipment/supplies
 - Facility expansion/improvements
- Marpole-Oakridge Community Association AGM voting privileges (3rd Tuesday in November - 8:00 pm)



Language

ESL Classes in the Community

Study ESL with B.C.'s No. 1 college - register for Vancouver Community College's ESL classes at the Marpole-Oakridge Community Centre on Monday April 12 at 9:30am. The Spring 2010 term dates are April 15 to June 30.

Pre-Intermediate / Lower Intermediate
Tuesday and Thursday
9.30am - 12:00pm

Upper Intermediate / Lower Advanced
Monday and Wednesday
9.30am - 12:00pm

For more information, call VCC at 604-871-7145 or visit our website at www.eslprograms.vcc.ca (click on ESL classes in the Community). Students studying at a community centre are required to purchase a community centre membership (\$5).

English Conversation

Practice English you can use every day. Sign up now for this fun and informal conversation class. Patricia Minnis lived in Japan so she understands the difficulties of living in a new country and learning another language. Patricia also has a degree in Asian Studies.

Patricia Minnis
45093.202MO \$123/10 sess
Apr 15-Jun 17 Th 1:00pm-2:30pm

Spanish Beginner

Learn basic Spanish in an active, personal and enjoyable way. Sandra is a native Peruvian Spanish speaker. Start speaking Spanish today.

Sandra Lazo
45097.201MO \$128/10 sess
Apr 14-Jun 16 W 7:15pm-8:15pm

Spanish Intermediate

Designed for students with some knowledge of conjugation in present tense and capable of maintaining at least a 5 minutes conversation with simple grammar structure.

Sandra Lazo
45098.201MO \$128/10 sess
Apr 14-Jun 16 W 8:15pm-9:15pm

Social

Marpole Walking Club

Walking is a great way to help you feel better, live better and be healthier. It is an activity that you can enjoy year round. Meet new people, try new routes, and have some fun! Join Ron and Molly afterwards for light refreshments and social.

Ron Loui-Ying & Molly Loui-Ying
44019.201MO FREE with MOCA membership
Apr 3-Jun 26 Sa 9:30am-11:30am

Blood Pressure Clinic

Have your blood pressure checked by retired nurse, Pat Smith. Discuss your health issues with someone who is trained to help you. Pat has a wealth of information on services provided by the Vancouver Health Unit. Every Monday in our Front Lobby.



Pat Smith
54840.201MO FREE
Apr 12-Jun 28 M 10:00am-12:00pm

Relaxation Clinic

Visit retired nurse, Pat Smith and ask her about relaxation techniques. Pat has a wealth of information on services provided by the Vancouver Health Unit. Every Monday in our Front Lobby.

Pat Smith
54841.201MO FREE
Apr 12-Jun 28 M 10:00am-12:00pm

Women's World of S.U.C.C.E.S.S.

S.U.C.C.E.S.S. Women's Services aims at enhancing the quality of family life, promoting positive parent/child relationships, and helping women overcome social isolation by encouraging their participation in the community. This group meets on select Fridays 9:30-11:30am, from Sept. 2009-June 2010. For participation, please contact S.U.C.C.E.S.S. at 604-408-7260.

Sept 2 - June 11 F 9:30am-12:00pm

50+ Social

Anyone aged 50 or older with MOCA membership is welcome to attend. Enjoy light refreshments, meet new friends, plan and coordinate activities. Educational presentations and resources that relate to senior issues will be scheduled. Learn about health care, social services and community activities.

Ron Loui-Ying & Molly Loui-Ying
55820.201MO FREE with MOCA membership
Apr 7-Jun 23 W 10:00am-1:00pm

Chinese Seniors Group

Thursday morning social for Chinese-speaking immigrant seniors who are aged 50 or above. Make new friends and promote mutual help among seniors. Participate with information workshops on seniors issues, seniors benefits, seniors safety, community resources, physical & mental wellness, and cross-cultural sharing. Enquiry: please call Danny Yee at 604-408-7274 (ext. 1083) or danny.yee@success.bc.ca

Danny Yee
55810.201MO FREE with MOCA membership
Apr 1-Jun 17 Th 9:30am-11:30am

Evergreen Karaoke Group

Chinese Karaoke Social with Ms. Vivien Wong. Co-sponsors: S.U.C.C.E.S.S. Evergreen News Club. Enquiries: S.U.C.C.E.S.S. Social Service Centre, 604-408-7274 Ext. 3043. Please register with Linda Tai at first class, not Front Office.

Loretta Chiu
55817.201MO
Apr 1-Jun 10 Th 10:00am-12:00pm

Bridge

Drop-in on Fridays for an afternoon of social bridge and refreshments. MOCA membership required.

Doreen MacKenrod
53830.201MO FREE with MOCA membership
Apr 2-Jun 18 F 1:00pm-3:45pm

**Do you have any questions about your medications?
What your medications are for?
When to take them? Any dietary restrictions?**

Rudy Chin, B. Sc. Pharmacist from Pharmasave 5791 Oak St. (at West 42nd) will be onsite Mondays 10:00am-12:00pm in main lobby to answer your questions.





Badminton

Volunteer badminton supervisors have the right to direct players to an appropriate level of play. Most games are played in doubles on a court rotational basis. No single court games, unless time and/or skill level permit. Please note new changes to sports program procedures.

Badminton

A social badminton program for intermediate skilled players.

Polly Tam

43471.201MO \$30/9 sess; Drop-in \$4
Apr 12-Jun 14 M 11:30am-1:30pm

Polly Tam

43472.201MO \$36/11 sess; Drop-in \$4
Apr 7-Jun 16 W 11:30am-1:30pm

Candy Yau

43473.201MO \$39/12 sess; Drop-in \$4
Apr 1-Jun 17 Th 10:30am-12:30pm

Polly Tam

43474.201MO \$36/11 sess; Drop-in \$4
Apr 9-Jun 18 F 11:45am-1:45pm

Badminton Private Court Bookings

Reserve a private court time and play Badminton within our racquetball court, in the Fitness Centre! The court size is 4 feet shorter and the same width. Each 45-minute time slot can be booked one month in advance. Fees and information on page 18.

Coed Rec

Co-ed badminton for beginner and recreational players.

43475.201MO \$33/12 sess; Drop-in \$3
Apr 1-Jun 17 Th 12:30pm-1:45pm

Women's Intermediate

A social badminton session for women players.

Vivian Chan & Margaret Yoshida

43476.201MO \$39/12 sess; Drop-in \$4
Apr 1-Jun 17 Th 1:45pm-3:45pm

Advanced

Advanced badminton for doubles play. Registered participants have 30 minutes to arrive (by 7:30 pm) or your spot will be sold to a drop-in participant.

Jerry Tam

43478.201MO \$54/12 sess; Drop-in \$4
Apr 1-Jun 17 Th 7:00pm-9:50pm

Sports

Basketball

Enjoy full-court recreational basketball. Registered participants have 15 minutes to arrive (by 7:20 pm) or your spot will be sold to a drop-in participant. Please note new changes to sports program procedures. No class May 24.

Wayne Soon & Jose Misenas

43452.201MO \$39/9 sess; Drop-in \$5
Apr 12-Jun 14 M 7:05pm-9:50pm

Indoor Soccer

A fun, recreational non-competitive soccer program for men and women. Please wear non-marking indoor shoes. Registered participants have 15 minutes to arrive (by 6:15 pm) or your spot will be sold to a drop-in participant. Please note new changes to sports program procedures. No class Jun 4.

43457.201MO \$23/10 sess; Drop-in \$3
Apr 9-Jun 18 F 6:00pm-7:30pm

Soccer - Indoor (SVMHT)

For South Vancouver Mental Health Team clients, friends and family members. Contact Katie Maher at 604-266-6124, South Van Mental Health Team. No online registration. LAC discounts are permitted.

Katie Maher

43025.201MO \$25/11 sess; Drop-in \$3
Apr 7-Jun 16 W 1:45pm-3:15pm

Volleyball

Enjoy fast paced volleyball for recreational intermediate players. Participants must have a good understanding of the rules, game strategies and demonstrate good ball control. Registered participants have 15 minutes to arrive (by 7:20 pm) or your spot will be sold to a drop-in participant. Please note new changes to sports program procedures.

43456.201MO \$47/11 sess; Drop-in \$5
Apr 7-Jun 16 W 7:05pm-9:50pm

Table Tennis

Drop-in table tennis for adults and seniors. Equipment available. Please pick up table tennis room schedule at Front Office. MOCA Membership required.

43461.201MO Drop-in \$2
Apr 12-Jun 21 M 8:00pm-10:00pm
43460.201MO Drop-in \$2
Apr 6-Jun 22 Tu 11:00am-2:30pm

Sports Drop-In And Program Procedures

1. First priority for play is for registered participants. Registered participants have 15 minutes* after activity start time to arrive, or the spot will be sold to a drop-in participant. (*some exceptions may apply).
2. Drop-in wait list sheet will be available 30 minutes prior to activity start time. Drop-ins must be present and in-person. Please sign-up at Front Office. First come, first served basis. No phone-ins. No name proxies.
3. Drop-in spots are not guaranteed. Drop-ins will be allowed for any unregistered spaces, up to the program maximum capacity.
4. After drop-in spaces are sold out, the Front Office will take a wait list.
5. After 15 minutes*, Front Office will announce names from the drop-in wait list. Drop-in participants can now purchase a drop-in admission to join into activity.

A current MOCA membership is required for all drop-ins. MOCA memberships are included when you register for the full season. See specific program for applicable drop-in fee.

For safety and attendance, only registered participants and paid drop-in participants are allowed into gymnasium. Adult sports programs are for ages 18 years and up. No warm-ups. No spectators. All adult sports programs are non-instructional. Please register in the program suitable for your level of participation.



Martial Arts

Tai Chi

Taiji (tai chi) is one of the major internal styles contained in Wushu (Chinese Martial Arts) and is a traditional Chinese way of doing physical and mental exercises. Practicing Taiji has health benefits, prolongs life, heals and rejuvenates.

Level 1 (13 Postures Form)

This form contains 13 movements. It is great for beginners to start with and is the foundation for many other styles of Taiji including fist and weapon routines.

Ben Yang

53411.201MO \$83/10 sess; Drop-in \$9
Apr 13-Jun 15 Tu 10:00am-11:00am

Level 2 (24 Form)

The 24 Form Taiji is the most widely practiced simplified Taiji in the world.

Ben Yang

53412.201MO \$83/10 sess; Drop-in \$9
Apr 13-Jun 15 Tu 11:00am-12:00pm

Tai Chi Practice

Join this dedicated group for a practice session for 24 Form Tai Chi and other types of Chi Kung. MOCA membership required.

King Li

53410.201MO Drop-in \$1
Apr 9-Jun 18 F 10:30am-11:30am

Iaido

Iaido is the traditional Japanese martial art of drawing and cutting with the samurai sword. The purpose of Iaido is to develop awareness, centeredness, sincerity, a calm mind, and mental and physical harmony through the practice of traditional sword techniques. Sensei Hiro Inoue, 5th Dan has over 20 years teaching experience. Beginners are welcome to join. www.ams.ubc.ca/clubs/iaido

Hiro Inoue

43415.201MO \$66/11 sess; Drop-in \$6
Apr 7-Jun 16 W 7:45pm-9:45pm

Life Tae Kwon Do

For full description, please see page 8.

Green, Blue, Red & Black Belt

19+ yrs Sam Soo Han

23492.201MO-.203MO \$68/month
Apr, May, Jun Tu F 7:30pm-8:30pm

Dance

Line Dance

Exercise your body & mind by dancing to lively, upbeat music. Line dance for fun, meet friends and socialize. Line dancing is great exercise. Dance to a variety of great music - it's not just country anymore. No class May 22, May 24, Jun 5, Jun 10.

Beginners

Learn the basics of line dancing and have fun. Drop-ins are welcome.

Ember Schira

41619.201MO \$63/12 sess; Drop-in \$6
Apr 1-Jun 24 Th 6:30pm-7:30pm
41620.201MO \$38/7 sess; Drop-in \$6
Apr 17-Jun 12 Sa 2:00pm-3:00pm

Beginners Plus

Learn more challenging dances and have fun. Drop-ins are welcome.

Ember Schira

41612.201MO \$58/11 sess; Drop-in \$6
Apr 12-Jun 28 M 6:30pm-7:30pm

Ember Schira

41616.201MO \$63/12 sess; Drop-in \$6
Apr 1-Jun 24 Th 7:30pm-8:45pm
41621.201MO \$38/7 sess; Drop-in \$6
Apr 17-Jun 12 Sa 3:00pm-4:00pm

Intermediate

For dancers interested in learning a variety of new dances and old favourites. Previous line dance experience recommended. Drop-ins are welcome.

Ember Schira

41613.201MO \$58/11 sess; Drop-in \$6
Apr 12-Jun 28 M 7:30pm-9:00pm

Belly Dancing

A fusion of East Indian, Asian, Latin, Modern and Middle Eastern styles. Beginners are welcome to join.

Delia Anderson

43416.201MO \$53/5 sess; Drop-in \$12
Apr 14-May 12 W 7:15pm-8:45pm
43416.202MO \$53/5 sess; Drop-in \$12
May 19-Jun 16 W 7:15pm-8:45pm

Line Dance

Intermediate

Previous line dance experience recommended. Music in cantonese and mandarin.

Karen Tsai

41641.201MO \$47/11 sess; Drop-in \$5
Apr 13-Jun 22 Tu 1:00pm-2:30pm

Beginner

Learn the basics of line dance and have fun. Music in Cantonese and Mandarin.

Karen Tsai

41642.201MO \$47/11 sess; Drop-in \$5
Apr 14-Jun 23 W 1:00pm-2:30pm

Beginner Plus

Learn more challenging dances. Intermediate dancers are welcome to join. Music in Cantonese and Mandarin.

Karen Tsai

41643.201MO \$47/11 sess; Drop-in \$5
Apr 15-Jun 24 Th 1:00pm-2:30pm

Ballroom Dance - Beginners

Start dancing tonight... Join Irina learning the basics in Waltz & Cha Cha, Tango & Rumba, Foxtrot & Samba and much more. Irina has over 20 years of competitive dance and teaching experience. Drop-ins welcome.

Yasel Dancesport Ltd.

41623.201MO \$73/10 sess; Drop-in \$8
Apr 15-Jun 17 Th 8:30pm-9:30pm

Dance Boot Camp

An energetic class combining hip hop, jazz, street jazz, modern and lyrical jazz forms. It's the perfect class to get a well rounded dance background. Please bring runners and jazz shoes (or ballet slippers). A great class for adults or teens. Drop-ins welcome.

Kelsey MacKenney

41630.201MO \$78/12 sess; Drop-in \$7
Apr 7-Jun 23 W 5:30pm-7:00pm



Yoga

Pilates

Iyengar Yoga Thursday

An introductory class for new and ongoing students. Iyengar yoga classes emphasize body/ breath awareness, alignment, strength, stability, mobility, balance and relaxation. Wear comfortable clothing and bare feet.

Cheryl Joseph

44304.201MO \$102/11 sess; Drop-in \$15
Apr 8-Jun 17 Th 7:15pm-8:45pm

Iyengar Yoga Saturday

An introductory class for new and ongoing students. Iyengar yoga classes emphasize body/ breath awareness, alignment, strength, stability, mobility, balance and relaxation. Wear comfortable clothing and bare feet. No class Jun 5.

Grant Richards

44303.201MO \$84/9 sess; Drop-in \$15
Apr 17-Jun 19 Sa 9:30am-11:00am

Hatha Flow Yoga - Beginner

Hatha Yoga equally develops strength and flexibility, energizing body, breath and mind. Learn the basic postures with attention to alignment and breath awareness. No prior experience necessary, also suitable for the continuing beginner. Drop-in for the first 4 weeks and then with permission of instructor. No class May 24.

Andrea Tabachnick

44310.201MO \$84/9 sess; Drop-in \$15
Apr 12-Jun 14 M 6:15pm-7:45pm

Power Yoga- Intermediate level

For those with 6 months or more experience in any style of yoga and ready to explore more postures. Drop-in for the first 4 weeks and then with permission of instructor. Not suitable for those with active injuries.

Andrea Tabachnick

44311.201MO \$102/11 sess; Drop-in \$15
Apr 6-Jun 15 Tu 6:15pm-7:45pm

Athlete's Yoga PM

Some athletes are now turning to yoga for both an edge to their game and for relief from muscle soreness. These classes will incorporate therapeutic and traditional yoga postures. Areas of special interest will be - improving core strength, hip flexibility, lower back, torso rotation, hamstrings, breathing, relaxation and posture. Physical activity is both a physical and mental game. No class May 24.

Jenny Booth

44341.201MO \$79/8 sess; Drop-in \$12
Apr 12-Jun 14 M 6:30pm-7:30pm

Athlete's Yoga AM

Some athletes are now turning to yoga for both an edge to their game and for relief from muscle soreness. These classes will incorporate therapeutic and traditional yoga postures.

Jenny Booth

44341.202MO \$98/10 sess; Drop-in \$12
Apr 23-Jun 25 F 10:30am-11:30am



Jenny Booth has been practicing yoga since she was 19 years old. A few years ago she was in an accident that rendered her unable to swim, run or bike which were physical activities she loved.

After many months of rehabilitating yoga, she slowly started to recover, build up muscle strength and get back to feeling like her old self. Jenny teaches students of all ages and is continually going to workshops to further her knowledge & skills. Jenny has an enthusiastic out look on life and teaches her students with that same enthusiasm and energy.

Pilates - Beginner

Pilates strengthens your deep postural muscles, the abdominals and back muscles, improves your posture, flexibility and builds strength in your core. In this session you will learn the essentials of Pilates which includes breathing and proper technique, building up your powerhouse as you learn new exercises each week. Drop-in for first 4 weeks and then with permission of instructor.

Denise Kainz

44201.201MO \$83/10 sess; Drop-in \$10
Apr 14-Jun 16 W 6:30pm-7:30pm

Pilates Beginner cont'd

Pilates strengthens your deep postural muscles, the abdominals and back muscles, improves your posture, flexibility and builds strength in your core. This class is for people with some Pilates experience.

Denise Kainz

44202.201MO \$83/10 sess; Drop-in \$10
Apr 14-Jun 16 W 7:30pm-8:30pm

Pilates - Beginner AM

Pilates strengthens your deep postural muscles, the abdominals and back muscles, improves your posture, flexibility and builds strength in your core.

Barb McDonald

44210.201MO \$83/10 sess; Drop-in \$10
Apr 21-Jun 23 W 9:30am-10:30am

Yogilates

Yogilates is designed to integrate the Pilates methodology into the practice of hatha yoga for a more complete system of exercise. Denise will lead you through a series of floor exercises incorporating both matwork exercises from Pilates and yoga poses to warm up the body and prepare the student for more challenging standing work later in the class. Classes end traditionally with deep relaxation and meditation.

Denise Kainz

44220.201MO \$83/10 sess; Drop-in \$10
Apr 14-Jun 16 W 5:30pm-6:30pm

Classes included with Fitness Centre Admission. All classes and workshops held at the Fitness Centre.

30 minute workouts

Core and Glide

A core circuit class which also incorporates the latest fitness toy - Gliders. Gliders are small disks which help to increase your range of motion while engaging the core to the max.

44001.201MO FREE with Fitness Centre admission
Apr 6-Jun 29 Tu 5:30pm-6:00pm

Gutts & Butts

This class focuses on our most favourite areas! Tummies and rears are specifically targeted with exercises designed to get results. You will use a variety of equipment such as bars, balancefits and gliders.

44002.201MO FREE with Fitness Centre admission
Apr 6-Jul 29 Th 7:00pm-7:30pm
Apr 9-Jul 2 F 10:00am-10:30am

SkipnCore

Improve your cardio, agility, speed and footwork with skipping followed by core stability work.

44003.201MO FREE with Fitness Centre admission
Apr 10-Jun 26 Sa 2:30pm-3:00pm

The Biggest Challenge 2010

lose weight, feel great!

Join this 11 week program and kick start your healthy lifestyle. Buy a 3 month Fitness Centre flexi-pass and get the motivation and support to attain your weight loss and fitness goals. We will include body fat assessments, program planning and effective strategies to get you looking and feeling great! Meetings are once per week so you will stay focused and be accountable.

Jaine Priest

44017.201MO Apr 10-Jun 26
Sa 12:00pm-1:00pm



Group Intro to Weight Training

Learn basic weight training in a four session program. Topics include: equipment orientation, principles of training, exercise technique and program design.

44014.201MO FREE with Fitness Centre admission
Apr 13-May 4 Tu 7:30pm-8:30pm

OsteoFitness

This 3 session training program in the weight room will help you maintain bone mass, improve posture and decrease your risk of falls. Doctor's referral and permission of Programmer required.

44015.201MO FREE with Fitness Centre admission
May 6-May 20 Th 10:30am-11:30am

Women's Weight Training

Learn some of the most effective and efficient methods to train for strength, endurance, stamina, tone and definition. Learn how to vary your workout routine.

44010.201MO FREE with Fitness Centre admission
Apr 17-May 8 Sa 10:30am-11:30am

Hard Core Workshop

This workshop is an introduction to a variety of core and balance training exercises which will add that extra challenge to your workout routine.

44021.202MO FREE with Fitness Centre admission
May 29 Sa 1:00pm-2:00pm

Balance Training for Seniors

Learn simple training techniques to improve your balance and help reduce your risk of falls. This workshop focuses on increasing step length and speed.

44021.201MO FREE with Fitness Centre admission
May 8 Sa 1:00pm-2:00pm

Tisdal Group Training Class

Learn how to get a great workout at the Tisdal Outdoor Seniors wellness circuit. This Instructor lead group training class will be fun and informative.

54820.201MO \$18/4 sess
Jun 8-Jun 29 Tu 9:00am-10:00am

Cardio Bootcamp

Cardio Bootcamp is a fun cardio class which incorporates simple equipment for a super effective workout. This class is designed to increase your cardiovascular capacity, burn calories and tone your entire body. No class May 24.

Rita Alberton

44170.201MO \$45/10 sess; Drop-in \$5.50
Apr 19-Jun 28 M 1:30pm-2:30pm

Quantum Body Sculpt

Quantum Body Sculpt is a barefoot cardio blend of the power of martial arts and the expressiveness of aerobics, plus resistance exercise using light weights or wristbands. Muscle development, flexibility and centeredness are some of the benefits of this dynamic class.

Douglas Hiles

44351.201MO \$75/10 sess; Drop in \$10
Apr 22-Jun 24 Th 5:00pm-5:50pm

Chi-Running/Chi-Walking Workshop

In this workshop you will learn about the benefits of the ChiRunning® Technique. It basically centers around the Tai Chi posture which provides an excellent foundation for individuals embarking on a running program or a walking program. Chi-running/walking provides an avenue for reduced injuries through good postural movement.

David Poon

44018.201MO FREE
Apr 13 Tu 6:30pm-7:30pm

Chi-Running Basics

The Instructor will guide you through many exercises and drills designed to leave you with a clear sense of what the ChiRunning technique feels like in your body. The focus is on technique so there will not be a lot of running.

David Poon

44087.201MO \$93/4 sess
Apr 20-Apr 29 Tu Th 6:30pm-7:30pm

Chi-Walking Basics

Learn how to create balance in your body and yourself. ChiWalking will teach you to move from your center, your core, and not use your legs to walk!

David Poon

44088.201MO \$55/2 sess
May 4-May 6 T Tu Th 6:30pm-7:30pm