

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.

FEE	Adult 19-64 yrs	Youth 13-18 yrs	Senior 65+ yrs
Drop In	\$5.35	\$3.75	\$3.75
Strip of 10	\$42.75	\$30.00	\$30.00

2010 Flexipass Prices			
1 month	\$43.10	\$30.00	\$30.00
3 months	\$112.50	\$78.75	\$78.75
6 months	\$195.45	\$136.90	\$136.90
12 months	\$353.45	\$247.50	\$247.50

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.



FITNESS

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.

Aerobics Schedule

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

MILD

Refit • Class geared for the older participant or those new or returning to fitness.

MODERATE

Step Combo • A combination of Step and Hi/Lo Cardio and strength conditioning.

CORE Class • Short low impact cardio followed by Core stability fusion incorporating pilates, the toning bar, tubing, bands balance fits and the NEW GLIDERS.

Step Cardio • This Step class has a longer cardio which is guaranteed to burn fat and to increase your cardiovascular capacity.

Hard Core • Balance, stability and "Abs of Steel" this is your extreme core class!

CHALLENGING

Power Cardio • **Power Cardio Plus** A vigorous workout incorporating athletic Hi and Low impact cardio moves and Pilates, Yoga Strength moves.

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.



Family Fitness Circuit

Saturday June 5th, 12:00noon-1:30pm

Have fun and get moving with your family!
 Prizes for everyone participating!