



## Marpole Place

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

## Seniors Bus Trips

Advanced registration required. All trips start and end at Marpole Place.  
Lunch is not included in price.

## Bright Lights Christmas tour at Stanley Park

Fri Dec 9 3:00pm-8:30pm - \$25

## Goh Ballet Presents: the Nutcracker

Sat Dec 17 12:00pm-5:30 pm - \$50

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## Thursday Night Dinners

6:30pm Soup, Entrée & Dessert - \$6

## Friday Breakfast Club

Fri 8:30am-9:30am - \$3

## Stitch in Time Knitting and Crafts Club

Mon 1:00pm-3:00pm – FREE

## Bridge & Games Club for Seniors

Tues/Fri 1:00pm-4:00pm - FREE

## Pedicures with Lance

3rd Mon 1:00pm-4:00pm - \$16

## Parenting Workshop

### Effective Communication

Communication skills are the backbone of your parenting skills. You'll rely on them throughout your life as a parent. Identify communication styles that can help strengthen the parent/child bond. Explore various adult communication styles and the impact they have on children both in the moment and later in their lives. Please note that this workshop is suitable for parents of 0-6 years old. Dawn Livera– Family Services of Greater Vancouver

**18 yrs+ Vancouver Family Services**  
65437.101MO \$33/2 sess  
Feb 21 & 28 Tu 6:30pm-8:30pm

### Effective Parenting Series

Being a parent can be both rewarding and challenging. During these four sessions you will learn parenting techniques and skills that will foster your child's self-esteem and improve your relationship. These will include setting reasonable limits, giving clear messages, inspiring cooperation, and teaching children decision-making and problem solving skills. Please note that this workshop is suitable for parents of 0-6 yr olds. Instructor: Dawn Livera - Family Services of Greater Vancouver.

**18 yrs+ Vancouver Family Services**  
65438.101MO \$63/4 sess  
Jan 17, 24, 31 & Feb 7 Tu 6:30pm-8:30pm

## 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 Gary Chan at gary.chan@ibextechnology.com.

53808.101MO  
Jan 5 Th 7:00pm-9:45pm  
Feb 2 Th 7:00pm-9:45pm  
Mar 1 Th 7:00pm-9:45pm



## Workshops

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

### When Can I Retire: 5 Steps toward a Better Retirement Seminar

This seminar is designed to offer a foundational knowledge of important investment strategies for retirement and address common questions that investors have about their own retirement plans. For additional information, contact Anita Lu at Edward Jones, 8079 Granville Street, 604-738-1272. Pre-registration required.

**18 yrs+ Scarlett Pan**  
65435.101MO FREE  
Feb 9 Th 7:00pm-8:00pm

### Synergy – A 3-in-1 Solution to Protect your Family

This Information session is about Manulife's combination insurance, Synergy, which provides life, disability and critical illness protection. For additional information, contact Anita Lu at Edward Jones, 8079 Granville Street, 604-738-1272. Pre-registration required.

**18 yrs+ Ji Ma**  
65435.102MO FREE  
Mar 15 Th 12:30pm-2:00pm

### NEPP #1 Earthquake Preparedness – Be Prepared not Scared

We all witnessed the earthquakes in New Zealand, Haiti and Chile and saw the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session covers what is required to develop your family emergency plan, how to conduct a "Home Hazard" Hunt and what to do when an earthquake strikes.

**18 yrs+ Jackie Kloosterboer**  
65419.101MO FREE  
Feb 23 Th 7:00pm-8:30pm

### NEPP #1 = Earthquake Preparedness – In Cantonese

**18 yrs+ Jackie Kloosterboer**  
65419.102MO FREE  
Mar 22 Th 7:00pm-8:30pm



## Social

### 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. For participation, please contact S.U.C.C.E.S.S. at 604-408-7260.

**19 yrs+ Elli Chang**  
45880.101MO  
Sep 23-Jun 15 F 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.

**19 yrs+ Loretta Chiu**  
55817.101MO  
Jan 12-Mar 29 Th 10:00am-12:00pm

### Blood Pressure/Relaxation 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.

**19 yrs+ Pat Smith**  
54840.101MO  
Jan 9-Mar 26 M 10:00am-12:00pm

### 50+ Social

Anyone aged 50 or older 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.

**50 yrs+ Nancy Chuck**  
55820.101MO  
Jan 11-Mar 21 W 10:00am-1:00pm

### Bridge

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

**50 yrs+ Jon Yee**  
53830.101MO  
Jan 6-Mar 30 F 1:00pm-3:45pm

### Board Games Social

Come join a fun-filled afternoon, playing some of your favourite board games. Games will include Bridge, Cribbage, Scrabble and more.

**40 yrs+ Jon Yee**  
53831.101MO  
Jan 9-Mar 26 M 12:30pm-3:00pm

### Marpole Walking Club

Meet new people, try new routes, and have some fun! Join Ron and Molly afterwards for light refreshments and social. FREE with MOCA membership.

**13yrs+ Ron Loui-Ying**  
44019.101MO  
Jan 7-Mar 31 Sa 9:30am-11:30am

### Chinese Seniors Group

Thursday morning social for Chinese-speaking immigrant seniors who are aged 50 or above. Participate with information workshops on seniors issues, seniors benefits, seniors safety, community resources, physical & mental wellness, and cross-cultural sharing. Enquiry: please call Morris Tang at 604-408-7274 (ext. 1083) or morris.tang@success.bc.ca

**50 yrs+ Morris Tang**  
55810.101MO  
Jan 5-Mar 29 Th 9:30am-11:30am

### Art

Art materials to be purchased will be discussed in the first class.

### Intro to Oil Painting

Explore the world of oil painting. Discussion of colour theory, the effect of cold and warm colour and composition will be included as well as the use of panel, canvas board, stretched canvas and proper preparation of ground. Various painting approaches include classical glazing approach and direct painting approach.

**17 yrs+ Thomas Yu**  
42011.101MO  
Jan 17-Mar 6 Tu 9:30am-11:00am

### Intro to Watercolour Painting

This introductory painting course is a great start to the world of watercolour. There will be exploration on the use of dry brush approach and wet-in-wet approach. Discussion of colour theory, the effect of cold and warm colour and composition will be included along with the use of resist, salt, pen & ink.

**17 yrs+ Thomas Yu**  
42010.101MO  
Jan 19-Mar 8 Th 9:30am-11:00am

### Linocut Printmaking

For course description see page 6.

**16 yrs+ Paul Best**  
42022.101MO  
Jan 10-Feb 28 Tu 7:00pm-8:15pm

## Language

### French for Adults – Beginner

Bonjour! In this class, students will learn basic French grammar, conjugation and vocabulary. Some basic reading will be included as well as speaking practice through various class activities. You will start speaking French from the first class. Your course cost includes a workbook (non-refundable).

**16 yrs+ Jean Bosco**  
45011.101MO  
Jan 12-Mar 1 Th 6:30pm-8:00pm

\$163/8 sess

### English Conversation

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.

**19 yrs+ Patricia Minnis**  
45093.102MO  
Jan 18-Mar 21 W 1:00pm-2:30pm

\$103/10 sess

### 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 Jan 9, 2012 at 9:30am. The WINTER 2012 term dates are Jan 12 – Mar 28.

#### Upper Beginner/Pre-Intermediate

Tuesday and Thursday  
9:30am - 12:00pm

#### Intermediate

Monday and Wednesday  
9:30am - 12:00pm

#### Advanced

Monday and Wednesday  
9:30am - 12:00pm

Cost is \$217.49 (+ \$30 application fee for new students). Financial Aid is available for those in need.

Students with VCC recognized assessments can register at VCC prior to registration day.

For more information, call VCC at 604-871-7145 or visit our website at [www.eslprograms.vcc.ca](http://www.eslprograms.vcc.ca) (click on ESL classes in the Community). Come and improve your English with us.

## 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.

#### 19 yrs+ Wayne Soon

43452.101MO \$54/12 sess; Drop-in \$5.50  
Jan 9-Mar 26 M 7:05pm-9:50pm

### 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.

#### 19 yrs+ Katie Maher, OT South MH

43025.101MO \$29/13 sess; Drop-in \$3  
Jan 4-Mar 28 W 2:00pm-3:15pm

### Table Tennis Drop In

Drop-in table tennis for adults and seniors. Three fullsize tables available. Please play in pairs or doubles. First come first serve basis. Players of all skill levels are welcome. Please bring own equipment, limited paddles and balls available. No children/youth permitted. MOCA Membership required.

#### 19 yrs+

43461.101MO Drop-in \$2.25  
Jan 9-Mar 26 M 8:00pm-9:50pm

### Family Table Tennis

All children must be accompanied by adult.

#### 8 yrs+

43462.101MO \$29/13 sess; Drop-in \$2.25  
Jan 7 - Mar 31 Sa 12:00pm-3:50pm

### 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.

#### 19 yrs+

43456.101MO \$58/13 sess; Drop-in \$5.50  
Jan 4-Mar 28 W 7:05pm-9:50pm

## Facility Use

View our facilities at [www.marpoleoakridge.org](http://www.marpoleoakridge.org)

To enquire about availability, contact 604-257-8176 or email [marpolecc@vancouver.ca](mailto:marpolecc@vancouver.ca).

Our rooms are ideal for meetings, workshops, social functions, birthday parties and special occasions. User groups are responsible for room set-up and room take-down. Additional staff costs are applicable for rentals during non-operating hours.

Due to popular demand, gymnasium rentals are limited during the winter season. Please call for availability.



## 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. Please bring own equipment and shuttlecocks.

### Daytime

A social badminton program for intermediate skilled players. Adults only.

#### 19 yrs+ Polly Tam

43471.101MO \$42/12 sess; Drop-in \$4.25  
Jan 9-Mar 26 M 11:30am-1:30pm

#### 19 yrs+ Polly Tam

43472.101MO \$45/13 sess; Drop-in \$4.25  
Jan 4-Mar 28 W 11:30am-1:30pm

#### 19 yrs+ Candy Yau

43473.101MO \$45/13 sess; Drop-in \$4.25  
Jan 5-Mar 29 Th 10:30am-12:30pm

#### 19 yrs+ Polly Tam

43474.101MO \$45/13 sess; Drop-in \$4.25  
Jan 6-Mar 30 F 11:45am-1:45pm

### Family Badminton

All children must be accompanied by adult.

#### 7 yrs+

43479.101MO \$45/13 sess; Drop-in \$4.25  
Jan 7 - Mar 31 Sa 2:00pm-3:50pm

### Coed Rec (Thurs)

Co-ed badminton for beginner and recreational players. Adults only.

#### 19 yrs+ Janny Leung

43475.101MO \$36/13 sess; Drop-in \$3.50  
Jan 5-Mar 29 Th 12:30pm-1:45pm

### Women's Intermediate

A social badminton session for women players. Adults only.

#### 19 yrs+ Vivian Chan & Margaret Yoshida

43476.101MO \$45/13 sess; Drop-in \$4.25  
Jan 5-Mar 29 Th 1:45pm-3:45pm

### Advanced Doubles Play

Registered participants have 30 minutes to arrive (by 7:30 pm) or their spots will be sold to a drop-in participant. Plastic shuttlecocks provided. Adults only.

#### 19 yrs+ Jerry Tam

43478.101MO \$62/13 sess; Drop-in \$5.50  
Jan 5-Mar 29 Th 7:00pm-9:50pm

## 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 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 19 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.

### 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.





## Martial Arts

### 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](http://www.ams.ubc.ca/clubs/iaido)

**13 yrs+ Hiro Inoue**  
 43415.101MO \$99/12 sess; Drop-in \$8  
 Jan 13-Mar 30 F 5:45pm-7:45pm

### 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.

**19 yrs+ King Li**  
 53410.101MO \$15/13 sess; Drop-in \$1.25  
 Jan 6-Mar 30 F 10:30am-11:30am

**19 yrs+ Georgia Nijjar and David Chau**  
 53411.101MO \$14/12 sess; Drop-in \$1.25  
 Jan 10-Mar 27 Tu 10:30am-11:30am

### Life Tae Kwon Do

Green, Blue, Red & Black Belt

**19 yrs+ Sam Soo Han**  
 23492.101MO - .103MO \$70/month  
 Jan, Feb, Mar Tu F 6:45pm-7:45pm

## Dance

### Line Dance with Ember Schira

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. Drop-ins welcome. No class Feb 18 and Mar 17.

**Beginners**

**19 yrs+ Ember Schira**  
 41620.101MO \$36/6 sess; Drop-in \$6.50  
 Feb 4-Mar 24 Sa 2:00pm-3:00pm

41619.101MO \$69/12 sess; Drop-in \$6.50  
 Jan 12-Mar 29 Th 6:30pm-7:30pm

### Beginners Plus

**19 yrs+ Ember Schira**  
 41612.101MO \$69/12 sess; Drop-in \$6.50  
 Jan 9-Mar 26 M 6:30pm-7:30pm

41621.101MO \$36/6 sess; Drop-in \$6.50  
 Feb 4-Mar 24 Sa 3:00pm-4:00pm

41616.101MO \$69/12 sess; Drop-in \$6.50  
 Jan 12-Mar 29 Th 7:30pm-8:45pm

### Intermediate

**19 yrs+ Ember Schira**  
 41613.101MO \$69/12 sess; Drop-in \$6.50  
 Jan 9-Mar 26 M 7:30pm-9:00pm

### Belly Dance Fusion

A fusion of East Indian, Asian, Latin, Modern and Middle Eastern styles. This class is a fun exploration of techniques from dance of different cultures. Students will work on basic mechanics of movement while having a good time. Beginners are welcome to join.

**17 yrs+ Delia Anderson**  
 43416.101MO \$51/6 sess; Drop-in \$11  
 Jan 11-Feb 15 W 6:30pm-8:00pm

43416.102MO \$51/6 sess; Drop-in \$11  
 Feb 22-Mar 28 W 6:30pm-8:00pm

### Ballroom Dance - Beginners

The first 6 classes learn the Mambo. Originally from Cuba, Mambo is a favorite party dance because of its high energy and infectious rhythms, body movement and diversity. The last 6 classes will focus on learning West Coast Swing, a social style of swing. It's more smooth and romantic and easy to dance to western and country music, slow jazz and blues. Drop-ins welcome.

**19 yrs+ Irina Prodan**  
 41623.101MO \$42/6 sess; Drop-in \$8.50  
 Jan 12-Feb 16 Th 8:30pm-9:30pm

41623.102MO \$42/6 sess; Drop-in \$8.50  
 Feb 23-Mar 29 Th 8:30pm-9:30pm

### Line Dance with Karen Tsai

Learn to line dance. Meet new people, make new friends. Drop-ins welcome. Music in Cantonese and Mandarin.

Karen Tsai Line Dance 排舞班  
 學習和練習排舞。認識新朋友，建立新社交。

歡迎 drop-ins(分次交費)，分享廣東話或國語流行音樂。

### Beginner

**19 yrs+ Karen Tsai**  
 41642.101MO \$48/10 sess; Drop-in \$5.50  
 Jan 25-Mar 28 W 1:00pm-2:30pm

### Beginner Plus

**19 yrs+ Karen Tsai**  
 41643.101MO \$48/10 sess; Drop-in \$5.50  
 Jan 26-Mar 29 Th 1:00pm-2:30pm

### Intermediate

**19 yrs+ Karen Tsai**  
 41641.101MO \$48/10 sess; Drop-in \$5.50  
 Jan 24-Mar 27 Tu 1:00pm-2:30pm

**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.

Live well with  
**PHARMASAVE**

**NEW**

# Wellness Punch Card

If you don't want to commit to a full session of a Yoga or Pilates class and would like some flexibility to drop in at a reduced rate, this is the payment option for you! Purchase a 5 class Drop-in Punch card for the class you would like to attend, you will receive a cheaper rate and are not locked in to every class of the session. Please note that this card is only valid for the class and session it is purchased for and cannot be carried over to another class or another session. \$60/5 sess 1.5hr class or \$45/5 sess 1hr class

**ADULTS**

## Yoga



### Hatha Flow Yoga - Beginner combined

Yoga develops both strength and flexibility, energizing body, breath and mind. Learn the basic postures with breath awareness, using a flow-style approach where postures are mindfully connected together in a fluid progression. Modifications provided so the student can adjust to their own unique needs. Drop-in for the first 3 weeks then with permission of instructor.

**18 yrs+ Andrea Kalpana Tabachnick**  
44310.101MO \$117/12 sess; Drop-in \$16  
Jan 9-Mar 26 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.

**18 yrs+ Andrea Kalpana Tabachnick**  
44311.101MO \$117/12 sess; Drop-in \$16  
Jan 10-Mar 27 Tu 6:15pm-7:45pm

### Yin Yoga

Yin Yoga is a powerful practice which gently targets joints, ligaments, and fascia within the body. Each posture is held for long periods of time to encourage the slow and safe opening of connective tissues, leaving the yogi with an over all feeling of lightness, spaciousness, and peace. The perfect antidote to stress and a great counterbalance to more active styles of yoga.

**18 yrs+ Denise Kainz**  
44313.101MO \$78/10 sess; Drop-in \$11  
Jan 18 - Mar 21 W 7:30pm-8:30pm

### 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.

**18 yrs+ Cheryl Joseph**  
44304.101MO \$117/12 sess; Drop-in \$16  
Jan 5-Mar 22 Th 7:15pm-8:45pm

### Pranayama Workshop

The Pranayama discipline is one of the eight limbs of yoga. This introduction to the practice of breathing techniques as presented by B.K.S Iyengar starts with bringing our awareness to the breath. We will practice traditional pranayama postures, and discover methods to prepare the body for the breath. Finally we will work with breathing techniques.

**18 yrs+ Cheryl Joseph**  
44333.101MO \$20/1 sess  
Feb 9 Th 6:00pm-7:00pm

### Iyengar Yoga Saturday

This class benefits a wide spectrum of participants from regular Yoga enthusiasts, to beginners and seniors, and those with chronic injuries. Wear comfortable clothing and bare feet.

**18 yrs+ Grant Richards**  
44303.101MO \$117/12 sess; Drop-in \$16  
Jan 14-Mar 31 Sa 9:30am-11:00am

## Pilates

### Pilates - Beginner

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.

**18 yrs+ Denise Kainz**  
44201.101MO \$78/10 sess; Drop-in \$11  
Jan 18-Mar 21 W 6:30pm-7:30pm

### Yogilates

Yogilates is designed to integrate the Pilates methodology into the practice of hatha yoga for a more complete system of exercise. Barb 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.

**18 yrs+ Barb McDonald**  
44220.101MO \$78/10 sess; Drop-in \$11  
Jan 18-Mar 21 W 9:30am-10:30am

## Mindfulness Workshops

### Mindfulness Introduction

Our lives are mostly spent thinking about the past or planning for the future. So we often miss what is happening in the here-and-now. Diminished awareness of the present moment severely limits our ability to live to the fullest. Mindfulness is about living consciously rather than living on autopilot. This class introduces basics of mindfulness.

**18 yrs+ Sung Yang**  
44361.101MO FREE with membership  
Mar 14 W 7:00pm-8:00pm

### Mindful Movements

Develop your mindfulness capacity with very simple and gentle body movements. Also learn how to be mindful in your daily activities such as cooking, cleaning, walking, running, yoga, tai chi, qigong, weight lifting or other activities.

**18 yrs+ Sung Yang**  
44362.101MO \$20/1 sess  
Mar 21 W 7:00pm-8:00pm

### Mindful Eating

Do you eat to fight boredom, stress, loneliness or negative mood? Do you eat without knowing the taste? Mindful eating provides an opportunity to develop a healthy eating habit for care of the body and mind. In this casual mindful eating class, you will learn how to eat food mindfully. The mindfulness practice allows you to discover and experience richness of present moment and the pleasure of eating. Bring your own food (a snack or meal) to practice mindful eating.

**18 yrs+ Sung Yang**  
44363.101MO \$20/1 sess  
Mar 28 W 7:00pm-8:00pm

## Tisdall Group Training Class

The Tisdall outdoor seniors' wellness circuit is fun and easy to use. This circuit includes exercises for the whole body and is designed to improve balance, strength, bone mass and your cardiovascular capacity. Make your everyday activities easier and pain free. Classes held at Tisdall Park, 49th Ave and Tisdall St.

**50 yrs+ Mark Cartwright**  
54820.101MO \$20 Srs/2 sess; \$25Ad/2 sess  
Mar 20-Mar 27 Tu 9:00am-10:00am

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

30 minute workouts

## Core & 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. FREE with Fitness Centre admission.

**18 yrs+**  
 44001.101MO  
 Jan 3-Mar 27 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. FREE with Fitness Centre admission.

**18 yrs+**  
 44002.102MO  
 Jan 6-Mar 30 F 10:00am-10:30am  
 Jan 5-Mar 29 Th 7:00pm-7:30pm

## SkipnCore

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

**18 yrs+**  
 44003.101MO  
 Jan 7 - Mar 31 Sa 2:30pm-3:00pm



## The Biggest Challenge 2012

Join this 12 week program to kick start your healthy lifestyle and get ready for summer fun. 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.

**13 yrs+ Jaine Priest**  
 44017.101MO  
 Jan 14-Mar 24 Sa 12:00pm-1:00pm

## 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. FREE with Fitness Centre admission.

**18 yrs+**  
 44031.102MO  
 Mar 10 Sa 1:00pm-2:00pm

## Fitness Walking Workshop

Walking is a great for absolutely everyone and is a simple and inexpensive way to increase your fitness level and maintain your health. Get some training tips on how to get the most from your walking workouts. Learn how to work with a pedometer and get some information on some of the best places to walk in the city! FREE pedometer included. Please pre-register. FREE with Fitness Centre admission.

**18 yrs+**  
 44036.101MO  
 Mar 24 Sa 11:00am-12:00pm

## 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. FREE with Fitness Centre admission.

**18 yrs+**  
 44015.101MO  
 Feb 27-Mar 6 Tu 10:30am-11:30am

## Smart Start

Walk your way into Fitness and Physical activity. This new program is a way to welcome you into Recreation and give you a chance to "Give Fitness a Go". Come join us for an orientation and a basic fitness program for 4 sessions from our qualified staff. FREE with Fitness Centre admission.

**13 yrs+**  
 44014.101MO  
 Jan 17-Jan 31 Tu 7:30pm-8:30pm

## 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. FREE with Fitness Centre admission.

**13 yrs+**  
 44010.101MO  
 Jan 21-Feb 4 Sa 10:30am-11:30am

## 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.

**18 yrs+ Rita Alberton**  
 44170.101MO \$53/10 sess; Drop-in \$6  
 Jan 23-Mar 26 M 1:30pm-2:30pm

## Latin Funk Dance

### Free Demo Class

**Wednesday Jan 11 at 6:30pm**

Latin Funk Dance® is an original, authentic, high energy, Dance Fitness program created in 1996 by Professional Dance Instructor/Choreographer Gustavo Ferman. Learn choreography and dance moves with the bonus of getting in shape. A Mix of 7 latin dance styles( Salsa, Merengue, Mambo, Cumbia, Cha-Cha, Reaggeaton and Rumba) with a splash of Hip-Hop, Afro/Funk and Jazz! Please note Latin Funk Dance® is a real dance class not an aerobics class, it concentrates on proper dance technique and styling. No partner needed.

**18+ yrs Dana Dochert**  
 44172.101MO \$98/10 sess; Drop-in \$12  
 Jan 18-Mar 21 W 6:30pm-7:30pm

## Ladies Night Dance Party!

Get up and Dance! You and your gal friends can get away for a fun night of "club" dancing without the expensive cover fees or the annoying guys on the prowl. Feel empowered to try your funkiest dance moves or to wear your flashiest heels. Get a great workout just by groovin and movin any way you please!

**18 yrs+**  
 44174.101MO  
 \$5 pre-registered/1 sess; Drop-in \$7  
 Mar 20 Tu 8:30pm-9:30pm



## Walking

### 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.

**13yrs+ Ron Loui-Ying**  
 44019.101MO FREE with MOCA membership  
 Jan 7-Mar 31 Sa 9:30am-11:30am