

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



## 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 funkier 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

# Racquet & Sports Court



## 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.

## Wallyball

Try this challenging combination of Volleyball and Racquetball.

## International Court Soccer (ICS)

This new sport is an exciting mix of Soccer skills and Racquetball rules.



## Orientation

### Weight Room Instruction

FREE with admission. Make an appointment and qualified staff will show you how to use the Fitness Centre equipment and develop a program to meet your individual fitness goals. Call 604-257-8174 to book an hour (approx.) appointment.

2011 Racquetball • Wallyball • Court-Soccer • Badminton Court Fees				
	Prime Time		Non-Prime Time	
	Adult	Youth	Adult	Youth
Drop In	\$13.95	\$10.55	\$10.00	\$7.20
Single Rate	\$7.20	\$5.30	\$7.20	\$5.30
10 Visit Passes	\$125.45		\$89.85	
Mon-Thu	3:30 pm-9:30 pm		8:00 am-3:30 pm	
Friday	3:30 pm-8:00 pm		8:00 am-3:30 pm	
Saturday	9:00 am-5:00 pm		<i>Park Board rates subject to change. All courts are 45 minute bookings.</i>	
Sun/Stats	9:00 am-1:00 pm			

Rates subject to change in 2012.

## Personal Training



### PB Personal Training

Need more instruction and supervision from a qualified personal trainer during your workouts? Vancouver Park Board's Personal Training services can fill that need. One of our certified trainers will customize a workout plan to meet your fitness goals and motivate you through each 1 hour workout. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport specific workouts, our trainers are here to get you there.

#### 13 yrs+

44020.501MO	\$52/1 sess
44021.501MO	\$234/5 sess
44022.501MO	\$416/10 sess

### PB Personal Training 2 people per/session

Workout with a buddy and save some money. Get some added motivation with family or friends as you sweat and push each other following similar programs designed and supervised by your trainer. Together you and your buddy will attend 1 hour workouts designed to meet your fitness goals. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport specific workouts, our trainers are here to get you there.

#### 13 yrs+

44023.501MO	\$78/2per/1 sess
44024.501MO	\$364/2per/5 sess
44025.501MO	\$676/2per/10 sess

Admission to the fitness centre is included in the personal training or semi private training services.

## Administration

### Refund Policy

- Marpole-Oakridge Community Centre understands that on certain occasions, our customers may be unable to attend classes and would like to withdraw. Our policies for refunds are explained below.

### Requests for Refunds

- Refunds will be based upon the date received (in person or by phone).

### Programs and Classes

- Full refund will be issued if you withdraw before the second class (exceptions may apply, please see below).
- After the second class, a 50% refund will be issued based on the pro-rated number of dates remaining in the session. Membership charge is non-refundable.
- Full refunds will be issued for programs cancelled by the Community Centre.

### Exceptions

- Ten (10) days notice (from the program start date) required for all daycamps, private music lessons, birthday parties, special events, workshops, one day events and outtrips. Full refund will be issued, minus the membership fee. If less than 10 days notice, no refund will be issued.
- This policy does not apply to Marpole-Oakridge Preschool.
- Refunds will be issued by method of payment, with the exception of cash. Cash refunds will be issued by debit or cheque. Refund cheques will be issued via mail (within 3 weeks).

## Association Memberships

The Marpole-Oakridge Community Association (MOCA) is a registered non-profit organization and is required to maintain a membership inventory. When you register for an association fee-based program, you will automatically become a member. For drop-in or non-registered association programs, a MOCA membership is required, unless otherwise noted. The annual membership is valid Sep 1-Aug 31. The annual fees are: Child/Youth/Senior \$3; Adult \$5; and Family \$10 (max. two adults).

### Payment

We accept cash, Visa, MasterCard, debit card or cheques (payable to: Marpole-Oakridge Community Association). HST is included in fees where applicable. A \$20 processing fee will be applied to NSF cheques.

## Personal Information Protection

In the course of providing programs and services, the Marpole-Oakridge Community Association collects personal information of our members and other individuals participating in classes, workshops, projects, events, or renting the facility. This information may be used for communication purposes regarding current or upcoming events, processing payments, statistical or human resource purposes, or for the provision of programs or services. We respect the importance of protecting the personal information that we collect. For information on our privacy policies and practices or to contact our Privacy Officer, please call 604-257-8180.

# Fitness Centre, Whirlpool & Sauna

**The Cardio Room includes:** LifeCycles, Recumbent Cycles, Summit Trainers, 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 HST. 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.

### 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>ZUMBA Core</b> Betty Lynn 9:30-10:25 am	<b>Step Combo</b> Bonnie 9:30-10:25 am	<b>Zumba</b> Betty-Lynn 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	
<b>Power Cardio</b> Don 6:00-6:55 pm	<b>Cardio Combo</b> Rita 6:00-6:55 pm	<b>Power Cardio</b> Don 6:00-6:55 pm	<b>BoxFit Circuit</b> Ed 6:00-6:55 pm	<i>Schedule &amp; fees are subject to change without notice</i>	

## 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.

### 2011 Flexi Pass Fees

FEE	Adult 19-64 yrs	Youth 13-18 yrs	Senior 65+ yrs
Drop In	\$5.95	\$4.15	\$4.15
Strip of 10	\$47.60	\$33.20	\$33.20

### 2011 Flexipass Prices

	Adult	Youth	Senior
1 month	\$48.00	\$33.00	\$33.00
3 months	\$125.00	\$87.00	\$87.00
6 months	\$217.00	\$152.00	\$152.00
12 months	\$392.00	\$275.00	\$275.00

*Rates subject to change in 2012*

### 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.

**Cardio Combo** • A variety of cardio workouts and strength conditioning.

**ZUMBA Core** • Combine 30 minutes of Core stability and stretching with 30 minutes of Zumba for one incredible workout!

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

**Box Fit** • This circuit class includes cardiovascular conditioning as well as work with focus mitts, athletic training moves and more.

### CHALLENGING

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

**Zumba** • Try this exciting mix of dance and fitness. Zumba is a fusion of Latin and International music and movement that creates a dynamic, exciting, and effective fitness system.

### FEES

Drop-in . . . . . \$4.25 Adult; \$2.50 Youth; \$3.00 Refit  
 Fit Tickets . . . . . \$37.50/10 tickets; \$25/10 Refit tickets  
 Fit Tag . . . . . \$107/13 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.
- A Fit Tag allows you to enjoy any of the classes on our Aerobic schedule for an entire session or portion thereof. The tag is prorated so you can purchase at any time.



**Valentine's Heartbreaker**  
 Saturday, February 11  
 9:15am-10:25am

Join us for our annual Fitness Fundraiser for the BC Heart Foundation. Don will lead you through a great cardio workout that is good for your heart and raises money for a great cause. Please pledge at the door. Valentine's treats for everyone.