



Group Fitness Class Schedule

Jan 2-Apr 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BALL & BODY BLAST 8:00-9:00am Alesya Gym					
ZUMBA 9:00-10:00am Alesya Gym	MY FIT FRIENDS 9:00-10:00am Lynne Gym	ZUMBA 9:00-10:00am Alesya Gym	MY FIT FRIENDS 9:00-10:00am Lynne Gym	ZUMBA SCULPTING 9:00-10:00am Alesya Gym	CIRCUIT TRAINING 9:00-10:00am Mike Fitness Centre
DANCE & STRETCH 10:15-11:15am Gayl Gym	REFIT 10:15-11:30am Maggi Gym	STRETCH & FLEX 10:00-11:00am Alesya Gym	REFIT 10:15-11:30am Maggi Gym	BALLET BARRE 10:00-11:00am Alesya Gym	
		STABILITY, MOBILITY & STRETCH 4:30-5:30pm Maggi Oak Room	DANCE & STRETCH 11:45-12:45pm Gayl Gym		



Drop in \$5.24 Adults & \$4.05 Youth/Students & Seniors

No class Feb 18, Apr 19 & 22. Schedule subject to change. Please check online or call to confirm.

Group Fitness Class Descriptions

Ball & Body Blast

This class combines cardio and strength training in an easy to follow program with smooth low-impact exercises. Come join us and have a blast! Jan 7-Apr 29

Ballet Barre

The Ballet Barre Workout is designed to train you like a dancer, developing long lean muscles, flexibility, increased stamina and improved posture. Everyone can do it, you don't need to be a dancer! Jan 11-Apr 26

Circuit Training

This energetic class is held in the Fitness Centre, combining weight training and cardio stations. Jan 5-Apr 27

Dance & Stretch

Great world music, easy to follow routines and a fun group of participants. Includes a gentle stretch portion. Jan 3-Apr 29

My Fit Friends

This is a fusion program which combines circuit training with a Tai Chi warm up and Qi gong or yoga cool down. Jan 3-Apr 30

Refit

A mild level class great for older adults & people who are new or returning to fitness after experiencing medical problems. While focusing on good posture & good movement patterns we work carefully to increase aerobic fitness, strength, flexibility, coordination, agility, balance and body awareness. Jan 3-Apr 30

www.westpointgrey.org

Family Day Zumba for all ages.
Monday February 18
at 9:30am
FREE

Stability, Mobility & Stretch

This class we will address the concepts of good posture & alignment. We will explore through movement, bodyweight strength & stretch/relaxing, how these concepts combined create stability and optimal movement patterns in our joints. Jan 2-Apr 24. No class Jan 30, Feb 6 & 13.

Dining Room

Stretch & Flex

Stand taller, feel thinner and be strong. This class will benefit any fitness level with dance inspired deep stretching, strengthening and lengthening of the whole body! Jan 9-Apr 24

Zumba

Get fit salsa style! Includes Latin music and moves for the hottest workout around. Jan 7-Apr 29

Zumba Sculpting

Zumba Sculpting is fantastic! A great way to sculpt and tone your body all over! This high energy class blends body-sculpting techniques and specific Zumba dance moves into one calorie burning, strength-training class. We use one to three pound dumbbells to enhance rhythm, build strength and tone all the target zones. Jan 11-Apr 26