

Contact Us - Office Hours

Aldergrove Credit Union

Community Centre
27032 Fraser Highway
604.857.4299

Mo - Sa 7:00am - 8:00pm
Su 8:00am - 8:00pm
Hours subject to change

George Preston

Recreation Centre
20699 - 42 Avenue
604.530.1323

Mo - Fr 8:30am - 7:00pm
Sa 8:30am - 4:00pm
Su Closed
Closed statutory holidays

W.C. Blair

Recreation Centre
22200 Fraser Highway
604.533.6170

Mo - Fr 6:00am - 10:00pm
Sa - Su 6:30am - 10:00pm

Walnut Grove

Community Centre
8889 Walnut Grove Drive
604.882.0408

Every Day 6:00am - 10:00pm

Willoughby

Community Centre
7888 - 200 Street
604.532.7598

Mo - Th 6:00am - 9:30pm
Fr 6:00am - 8:00pm
Sa - Su 8:00am - 7:00pm

Willowbrook

Recreation Centre
20338 - 65 Avenue
604.532.7598

Mo - Th 6:00am - 9:00pm
Fr 6:00am - 6:30pm
Sa - Su 8:00am - 6:30pm
Closed statutory holidays

Township of
Langley



Est. 1873

Drop-in Fitness Classes

Fall 2018

September 4 - December 21



tol.ca/fitness



PR18-442

Recreation Culture
& Parks



Stay ACTIVE | Stay INVOLVED | Stay HEALTHY

tol.ca/fitness

Drop-in Fitness Classes

Schedules run

September 4 - December 21.

View current schedules online at tol.ca/fitness.

	Youth 13-18 yrs	Student with valid ID	Adult 19-59 yrs	Senior 60+ yrs	Family
Drop-in	3.80	4.30	6.00	4.55	11.90
10-visit card	34.00	38.50	54.00	41.20	107.00
20-visit card	64.30	72.90	101.80	77.70	202.20
1-month Go Active Pass	41.55	47.10	65.95	50.30	130.80
3-month Go Active Pass	113.25	128.50	179.85	137.15	356.75
1-year Go Active Pass	320.95	n/a	509.60	388.50	1010.75
Prices are listed in Canadian dollars, include tax, and are effective September 1, 2018.					

Coming Soon!
Aldergrove Credit Union Community Centre
 Visit tol.ca/fitness for schedule.

George Preston Recreation Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No classes	Zumba® 9:30 - 10:30am	Yoga Flow 6:30 - 7:30pm	Zumba® 6:45 - 7:45pm	Yoga Flow 11:15am - 12:15pm	Zumba Toning 11:30am - 12:30pm	No classes

W.C. Blair Recreation Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	20/20/20 6:30 - 7:30am	Chi-Stretch 6:30 - 7:30am	ABT 6:30 - 7:30am	Mix-Fit NEW! 6:30 - 7:30am	Chisel 6:30 - 7:30am	Bodysculpt 8:15 - 9:15am
	Pilates & Stretch 9:15 - 10:15am		Zumba® Toning 9:15 - 10:15am		Step & Sculpt NEW! 9:15 - 10:15am	
	Zumba® 5:45 - 6:45pm			Zumba® Step 5:00 - 6:00pm		
	Bodysculpt 7:00 - 8:00pm	Power Hour NEW! 6:45 - 7:45pm		Yoga Flow 6:20 - 7:20pm		
			BollyX® 7:40 - 8:40pm	BarreFit NEW! 7:30 - 8:30pm		

Walnut Grove Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba® 8:15 - 9:15am	Vinyasa Yoga 8:00 - 9:00am	Zumba 9:15 - 10:15am	Express Cycle 6:15 - 7:00am	Hatha Yoga 8:00 - 9:00am	Express Cycle 6:15 - 7:00am	Hatha Yoga 8:00 - 9:00am
	Body Ball 9:15 - 10:15am	Core/Stretch 11:10am - 12:10pm	Yoga Flow 8:00 - 9:00am	Chisel 9:15 - 10:15am	Vinyasa Yoga 8:00 - 9:00am	Xtreme Pump 8:00 - 9:15am
Express HIIT 12:15 - 1:00pm	Fit for Life 1 & 2 10:45 - 11:45am	Boot Camp 5:30 - 6:30pm	STRONG by Zumba® 9:15 - 10:15am	Gentle Core/Stretch 10:30 - 11:30am	Power Hour NEW! 9:15 - 10:15am	20/20/20 9:30 - 10:30am
STRONG by Zumba® 6:00 - 7:00pm	Cycle & Core 5:30 - 6:30pm	Cycle & Yoga 6:40 - 7:40pm	Fit for Life 1 10:45 - 11:45am	Power Hour NEW! 5:30 - 6:30pm	Fit for Life 2 10:45 - 11:45am	
	PiYo® 6:40 - 7:40pm		Express Cycle 5:30 - 6:15pm	Express Cycle 6:40 - 7:25pm	Zumba® Step 5:45 - 6:45pm	
	ABT 7:45 - 8:45pm	Core/Stretch 7:50 - 8:50pm	Hatha Yoga 6:00 - 7:00pm	X - Fit Lite 6:45 - 7:45pm		
			20/20/20 6:30 - 7:30pm	Yoga Flow 7:20 - 8:20pm		
				Zumba® 7:35 - 8:35pm		

Willoughby Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No classes	Express Cycle 6:15 - 7:00am	PiYo® 9:20 - 10:20am	Boot Camp 9:20 - 10:20am	Express Cycle 6:15 - 7:00am	Express Cycle NEW! 7:15 - 8:00am	Cycle 9:00 - 10:00am
	Zumba® Step 9:20 - 10:20am	STRONG by Zumba® 5:30 - 6:30pm	Zumba® 5:25 - 6:25pm	Vinyasa Yoga 9:20 - 10:20am	Zumba® NEW! 9:20 - 10:20am	Yoga Flow 9:30 - 10:30am
	BollyX® 5:30 - 6:30pm	Boot Camp 6:40 - 7:40pm	Barre Fit 5:30 - 6:30pm			Zumba® 10:30 - 11:30am
	Cycle & Core 6:40 - 7:40pm	Yoga Flow 7:00 - 8:00pm	PiYo® 6:30 - 7:30pm			
	Yoga Flow 7:00 - 8:00pm	Zumba® 7:35 - 8:35pm	Express Cycle 7:40 - 8:25pm	Power Cycle 6:45 - 7:45pm		
					Cycle & Sculpt 5:45 - 6:45pm	

Drop by or call 604.455.8821 any time the day of your cycle class to reserve a bike; payment must be made at time of registration.

Willowbrook Recreation Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No classes	Step & Sculpt 9:15 - 10:15am	Cardio Sculpt 9:15 - 10:15am	Yoga Flow 9:15 - 10:15am	Chisel 9:15 - 10:15am	Power Hour 9:15 - 10:15am	X - Fit Lite 9:00 - 10:00am
	Yoga Flow 10:45 - 11:45am	Fit for Life 1 & 2 10:45 - 11:45am		Express Pilates 12:30 - 1:15pm		
	Body 360 5:30 - 6:45pm	Express HIIT 12:10 - 12:55pm	Express HIIT NEW! 5:10 - 5:55pm	BollyX® 5:15 - 6:15pm		
	Hatha Yoga 6:45 - 7:45pm	Cardio Sculpt 5:15 - 6:15pm	Bodysculpt 6:10 - 7:10pm			
	STRONG by Zumba® 7:00 - 8:00pm	Yoga Flow 6:25 - 7:25pm		Yoga Flow 7:35 - 8:35pm		
		ABT 7:35 - 8:35pm				

Cardio-Focused

20/20/20 ④

Enjoy a complete body workout with 20 minutes of cardio on the step, 20 minutes of muscle strengthening and sculpting, and 20 minutes of core work. It's a great combo!

Fit for Life 1 ① and Fit for Life 2 ②

Utilize weights and stretching to enhance both cardiovascular fitness and muscular strength in this low-impact aerobics class. Looking for more of a challenge? Optional light-step exercises can be incorporated. Enjoy lots of fun, socializing, and support.

Step & Sculpt ④

Combine a cardio workout on the step with muscle toning and strengthening to shape and firm your body!

Cycle

Cycle ④ and Express Cycle ④

Let your instructor guide you through a terrain of hills and drills. You adjust the intensity to suit your level throughout your ride!

Cycle & Core ③

Workout with 30 minutes of spin followed by 30 minutes of core work using basic Pilates moves.

Cycle & Sculpt ④

Work to your own fitness level starting with cardio on the bike and ends with a strength-training component featuring exercise bands, balls, and weights.

Cycle & Yoga ③

Jump-start your workout with a 30-minute powerful ride of hills and sprints, then move to the mat for 30 minutes to strengthen, stretch, and cool down!

Power Cycle ④

Interval training using Spin Cycles intermixed with hard core strength training. This class will keep your heart rate up and going!

Dance Fitness

Barre Fit ④

Strengthen and tone your body using the techniques of ballet and the concepts of Barre training in this full-body class. Focus on balance and isometric strength training with high repetitions of small range-of-motion movements.

BollyX® ③

Get fit and have fun with dynamic choreography and the hottest music from around the world! Move and sweat with dance-fitness cardio cycles of higher and lower-intensity moves, all inspired by the music and dance of Bollywood, India's film industry.

STRONG by Zumba® ⑤

Move in sync with the music and work harder, push past your plateaus, and reach your fitness goals faster in this challenging high-intensity interval training workout. Using your own body weight, you'll gain muscular endurance, tone, and definition, and experience an increased 'after burn'.

Zumba® ③

Hypnotic Latin rhythms are fused with easy-to-follow moves to create this one-of-a-kind fitness program. Move your body and burn fat with the low and high-intensity moves featured in this non-progressive interval-style training routine where fun and exercise are combined together!

Zumba® Step ③

Looking to strengthen and tone your legs and glutes? Step right up! Join us as we combine the toning and strengthening power of step aerobics with the fun fitness party that only Zumba® can bring.

Zumba® Toning ③

Body-sculpting techniques and Zumba® moves are blended into one calorie-burning, strength-training class, where you'll use maraca-like Zumba® Toning Sticks to enhance rhythm, build strength, and tone all target zones.

Pilates, Yoga, and Stretch

Chi - Stretch ①

A dynamic stretch class with Pilates, yoga, chikung, tai-chi, feldenkrais, and deep relaxation included. Focus on reducing muscle tightness, improving flexibility and balance, and refreshing your mind.

Core/Stretch ② and Gentle Core/Stretch ①

Strengthen your core and increase your flexibility in this gentle Pilates/Yoga-based class.

Pilates, Yoga, and Stretch continued

Gentle Yoga ①

Develop balance, strength, and flexibility in this hatha-based yoga class that incorporates poses, breath work, and relaxation techniques. Poses are gentle and can be modified to make the class accessible for most ability levels.

Hatha Yoga ②

Focus on stretching, flexibility, and relaxation while learning to focus and control your energy flow through basic hatha yoga positions. Improve your mind, body, and spirit!

Pilates & Stretch ②

See results that include increased strength, flexibility, and a strong core as you strengthen and stretch your body here!

Pilates ③

Achieve a toned, new, and exciting physical well being! The emphasis will be on breathing and core conditioning while you stretch and strengthen your body without stressing your joints!

PiYo® ④

Looking to speed everything up - including your results? Challenge yourself with dynamic, flowing sequences that burn calories, lengthen and tone muscles, and increase flexibility while you burn fat, sculpt and define your whole body, and minimize aches and pains.

Vinyasa Yoga ③

Synchronize yoga poses with your breath in this class that features a warm-up, cardio, range of motion, and flexibility components. Find options through modifications incorporated throughout the class to help you find your perfect workout, regardless of your fitness level.

Yoga Flow ③

Link breath and movement in a series of poses that harness the power of inhaling and exhaling. This style allows for a lot of variety, but will likely include sun salutations. Expect movement, not just stretching.

Strength-Focused

ABT ④

Focus on those hard to train areas: Abs, Butt, and Thighs. Check out this class designed to rip, tighten, and tone!

Body 360 ⑤

Get your full-body 360 degree workout here! Start with an athletic cardio workout before moving into high-intensity Tabata intervals, and finish off with a super blast of abs.

Bodysculpt ③

Build and sculpt your muscles in this power-packed class that features bands, bars, weights, and cardio training.

Boot Camp ④

Sweat off the pounds and get into the best shape of your life with encouragement from our "drill sergeant". Outdoor work may be included, dependant on weather.

Cardio Sculpt ④

Join us for this combination of weight training for toning along with cardio intervals to boost endurance. No fancy footwork here, just weights and a cardio pump!

Chisel ④

Get chiseled into a new you in this class completely structured around weight training. Use weights, bands, and other equipment to help you build that long, lean look.

Express HIIT (High Intensity Interval Training) ④

Work on stations at your own pace! There's no pressure to keep up in this interval/circuit full-body fitness class that's adaptable to men and women of all fitness levels.

Mix-Fit ④

Pairing cardio and weight training for maximum fitness – this class incorporates step, interval, circuit, and Tabata to get you sweating.

Power Hour ④

Enjoy variety in each power-packed full-body workout class that may include an energized mix of athletic cardio, Tabata intervals, plyometric movements, resistance and strength exercises, and abs.

Xtreme Pump ⑤

Go hard and sweat hard while you build that lean look with continual movement with resistance training using bars, bands, and weights.

X-Fit Lite ⑤

Get kicked into shape using TRX, heavy ropes, suspension techniques, and boot camp-style exercises in a variety of stations. This class uses elements of CrossFit®.