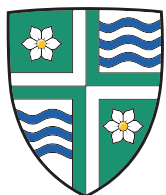


Township of
Langley



Est. 1873

Fitness Classes and Programs

Aldergrove Credit Union Community Centre

Fall 2018

September 16 - December 20



Recreation Culture
& Parks



tol.ca/fitness

Drop-in Fitness Classes September 16 - December 20

View current schedules
online at tol.ca/fitness.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Express HIIT 7:05 - 7:50am			
	Fit for Life 8:30 - 9:30am	Pilates & Stretch 9:15 - 10:15am	Step & Sculpt 9:00 - 10:00am	Pilates & Stretch 9:15 - 10:15am	Switch Fit 9:00 - 10:00am	Boot Camp 8:30 - 9:30am
		Hatha Yoga 5:15 - 6:15pm				
Zumba® 6:30 - 7:30pm	20/20/20 6:30 - 7:30pm	HIIT 6:30 - 7:30pm	Zumba® Step 6:30 - 7:30pm			
Power Yoga 6:00 - 7:00pm		ABT 7:30 - 8:00pm		Bodysculpt 7:00 - 8:00pm		
Schedule subject to change. Confirm classes at tol.ca/fitness .						

Drop-in Fitness Class Descriptions

Must be 13 years or older to attend these classes.

Fitness Intensity Levels | Low ① | Low-Moderate ② | Moderate ③ | Moderate-High ④ | High ⑤

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 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!

Switch Fit ④
Take advantage of the benefits of a variety of fitness training methods and equipment! Get the ultimate in balanced physical conditioning as each dynamic fitness class is 'switched up' and includes a variety of exercises and training.

Dance Fitness

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.

Pilates, Yoga, and Stretch

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!

Power Yoga ④
Work your entire body and have fun in this low-impact, high-power, high-energy class. Gain strength with yoga poses and Pilates exercises that focus on alignment and posture. Get your heart rate up with planks, down dogs, chaturangas, squats, lunges, but no jumping! Come ready to sweat and enjoy a whole-body workout!

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!

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, dependent on weather.

Express HIIT (High Intensity Interval Training) & HIIT 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.

Personal Training

Not achieving your goals? Lacking motivation? Have a certified personal trainer design a program tailored to your needs. Focus on toning, weight loss, strength gains, and more. Call 604.857.4299 to book with us.

Weight Room Orientation

Includes an introduction to weight room equipment, procedures, and a basic program to get you started. Call 604.857.4299 to register.

	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.					

Registered Fitness Classes for Adults

Weight Training

Fit 4 Two® Stroller Fitness

Not just a walk in the park, join us for a baby-friendly full-body workout that includes intervals of cardio drills, functional strength training, and short power walks, followed by postnatal-specific core work and flexibility. Come out and meet other moms in your community! Single day registrations are available for \$13.50 if the class runs but is not full. Offered in partnership with Fit 4 Two® Pre- and Postnatal Fitness Inc.

Day	Time	Dates	Price	Class #
Fr	1:00-2:00pm	Sep 14-Oct 12	5/\$57.50	554885
Mo	9:45-10:45am	Sep 17-Nov 5	7/\$80.50	554883
Fr	1:00-2:00pm	Nov 19-Dec 17	5/\$57.50	554886
Mo	9:45-10:45am	Nov 23-Dec 21	5/\$57.50	554887

Omina® Training

Join us for unique high-intensity interval circuits with this functional training system that optimizes strength, endurance, flexibility, coordination, and speed. Designed to be intuitive for each participant, the coach can easily monitor the form and technique of all users during a workout.

Day	Time	Dates	Price	Class #
Mo	6:30-7:30pm	Oct 1 - 29	4/\$34.50	555073
Tu	3:00-4:00pm	Oct 2-23	4/\$34.50	555067
Th	10:00-11:00am	Oct 4-25	4/\$34.50	555070
Tu	3:00-4:00pm	Oct 30-Nov 20	4/\$34.50	555068
Th	10:00-11:00am	Nov 1-22	4/\$34.50	555071
Mo	6:30-7:30pm	Nov 5-26	4/\$34.50	555074
Tu	3:00-4:00pm	Nov 27-Dec 18	3/\$26	555069
Th	10:00-11:00am	Nov 29-Dec 20	4/\$34.50	555072
Mo	6:30-7:30pm	Dec 3-17	3/\$26	555075

Fit for Life Seniors

Join us for this low-impact program that includes a cardio warm-up followed by a variety of strength and balance exercises using equipment and body weight. Designed for those who are actively mobile, are regular exercisers, or who have completed the Osteofit training program. Mat work is included, so participants must be comfortable getting down to and up from the floor.

Day	Time	Dates	Price	Class #
Tu	1:30-2:30pm	Oct 2-30	5/\$43	554892
Fr	11:45am-12:45pm	Oct 5-26	4/\$34.50	554895
Fr	11:45am-12:45pm	Nov 2-30	5/\$43	554896
Tu	1:30-2:30pm	Nov 6-27	4/\$34.50	554893
Tu	1:30-2:30pm	Dec 4-18	3/\$26	554894
Fr	11:45am-12:45pm	Dec 7-21	3/\$26	554897

OsteoFit Level 1

Designed for participants who want to be active, but require a low-impact, gentle, fitness program. Suitable for those with osteoporosis, arthritis, or other health-restricting issues. Sit and still be fit!

Day	Time	Dates	Price	Class #
Tu	12:15-1:15pm	Oct 2-30	5/\$43	554858
Fr	10:30-11:30am	Oct 5-Nov 2	5/\$43	554864
Tu	12:15-1:15pm	Nov 6-27	4/\$34.50	554862
Fr	10:30-11:30am	Nov 9-Dec 7	5/\$34.50	554865
Tu	12:15-1:15pm	Dec 4-18	3/\$26	554863
Fr	10:30-11:30am	Dec 7-Jan 4	5/\$26	554866

Exercise Rehabilitation

A one-on-one exercise program with a kinesiologist can help with rehabilitation and recovery after an illness, injury, or sustained period of inactivity. We can assist with motor vehicle or work-related injuries, many types of chronic illnesses such as diabetes, cardiac conditions, post-surgical rehabilitation, fracture or joint replacement, and other musculoskeletal disorders. Exercises are done in the fitness centre, or home programs can be designed. Medical clearance may be required. Call 604.857.4299 for information.

Yoga & Pilates

Chair Yoga

Change your life for the better with the benefits of chair yoga! Enhance your flexibility, mobility, bone density, and strength with the practice of chair yoga - it's a safe, low-impact workout with cross-training benefits.

Day	Time	Dates	Price	Class #
Mo	11:00-11:45am	Sep 17-24	2/\$13.25	554888
Mo	11:00-11:45am	Oct 1-29	4/\$32.25	554889
Mo	11:00-11:45am	Nov 5-26	4/\$26	554890
Mo	11:00-11:45am	Dec 3-17	3/\$19.50	554891

Learn to Yoga

Never done yoga? Need a yoga refresh? Learn and move safely through yoga pose basics while the instructor demonstrates and checks your positions. You'll feel comfortable learning with equal-level participants, and have the confidence to join regular yoga classes when you're done.

Day	Time	Dates	Price	Class #
We	12:00-1:00pm	Sep 19-26	2/\$17.50	554867
We	12:00-1:00pm	Oct 3-17	3/\$43	554868
We	12:00-1:00pm	Nov 7-28	4/\$34.50	554869
We	12:00-1:00pm	Dec 5-19	3/\$26	554870

Restorative Yoga

Join us as we adapt classical yoga postures with an emphasis on healing through gentle, supported postures to improve well-being through the release of tension and gentle re-alignment.

Day	Time	Dates	Price	Class #
Su	7:15-8:15pm	Sep 16-23	2/\$17.50	554875
Su	7:15-8:15pm	Oct 7-28	4/\$34.50	554876
Su	7:15-8:15pm	Nov 4-25	4/\$34.50	554877
Su	7:15-8:15pm	Dec 2-16	3/\$26	554878

Seniors' Yoga

Experience the benefits of yoga while following a routine to help you regain your youthful mobility. Simple postures and gentle stretches are included.

Day	Time	Dates	Price	Class #
We	10:45-11:45am	Sep 19-26	2/\$17.50	554871
We	10:45-11:45am	Oct 3-31	5/\$43	554872
We	10:45-11:45am	Nov 7-28	4/\$34.50	554873
We	10:45-11:45am	Dec 5-19	3/\$26	554874

Yoga for Beginners

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

Day	Time	Dates	Price	Class #
Th	5:45-6:45pm	Sep 20-27	2/\$17.50	554879
Th	5:45-6:45pm	Oct 4-25	4/\$34.50	554880
Th	5:45-6:45pm	Nov 1-29	5/\$43	554881
Th	5:45-6:45pm	Dec 6-20	3/\$26	554882

FREE

Walking Track

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 8:00am	CLOSED	Clockwise Walking & Running	Counter-Clockwise Walking & Running		Clockwise Walking & Running	Clockwise Walking & Running	Counter-Clockwise Walking & Running
8:00 - 9:00am	Sun Run Training Running & Walking			Clockwise Walking & Running			
9:00 - 10:00am		Stroller-Friendly Walking Time	Senior-Friendly Walking Time				
10:00 - 11:00am					Open Track Time	Senior-Friendly Walking Time	Family-Friendly Walking Time
11:00am - 12:00pm	Family-Friendly Walking Time						
12:00 - 1:00pm		Open Track Time	Open Track Time	Senior-Friendly Walking Time		Open Track Time	Counter-Clockwise Walking & Running
1:00 - 2:00pm					Stroller-Friendly Walking Time		
2:00 - 3:00pm	Senior-Friendly Walking Time						
3:00 - 4:00pm		CLOSED FOR RECREATION & FITNESS PROGRAMS		Clockwise Walking	CLOSED FOR RECREATION & FITNESS PROGRAMS		
4:00 - 5:00pm			CLOSED FOR RECREATION & FITNESS PROGRAMS				
5:00 - 6:00pm	Counter-Clockwise Walking & Running	Clockwise Walking & Running				Sun Run Training Running & Walking	Clockwise Walking & Running
6:00 - 7:00pm				CLOSED FOR RECREATION & FITNESS PROGRAMS			
7:00 - 8:00pm							

Times are subject to change due to arena-related events, special events, and other programs.

Welcome to the Walking Track!

- There is no fee to use this walking track.
- The total distance around the track is 186.5 meters (0.11 miles).
- The track may be closed during special events or programs.
- Before coming, be sure to check the current schedule at tol.ca/reccalendars.

Be courteous...

- Share the space - this track is used by different groups at the same time.
- Respect groups on the ice and their fans.
- Adhere to the designated walking times for each user group.
- Follow the daily track direction so all users are walking the same way.
- Watch for others around you before turning/leaving the track.

Know the rules...

- Proper attire (shirt, shorts, and indoor footwear) is required.
- No spiked shoes, inline skates, or skateboards permitted.
- Children under 12 must be accompanied by a parent or guardian at all times.
- No food or drinks permitted, with the exception of water (in a non-glass container).
- Clearly identified service animals are permitted.
- Stopping on the track is not permitted.
- The inside area is for walkers, the outside area is for runners.

Contact Us - Office Hours

Aldergrove Credit Union Community Centre
27032 Fraser Highway
604.857.4299

Mon - Sat 7:00am - 8:00pm
Sun 8:00am - 8:00pm

Hours subject to change

George Preston Recreation Centre
20699 - 42 Avenue
604.530.1323

W.C. Blair Recreation Centre
22200 Fraser Highway
604.533.6170

Walnut Grove Community Centre
8889 Walnut Grove Drive
604.882.0408

Willoughby Community Centre
7888 - 200 Street
604.532.7598

Willowbrook Recreation Centre
20338 - 65 Avenue
604.532.3500



tol.ca/fitness

PR18-512

Stay ACTIVE | Stay INVOLVED | Stay HEALTHY