

Aldergrove Kinsmen Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No classes	Fit for Life 1 & 2 9:15-10:15am	Core/Stretch 9:15-10:15am 20/20/20 7:00-8:00pm	Step & Sculpt 9:15-10:15am	Bodysculpt 7:00-8:00pm	Switch Fit 9:15-10:15am	No classes

W.C. Blair Recreation Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
No classes	Step & Sculpt 6:30-7:30am Boot Camp 9:15-10:15am Zumba® 5:45-6:45pm Cardio Sculpt 7:00-8:00pm	Chi-Stretch 6:30-7:30am Bodysculpt 6:30-7:30pm (Jul 4-18 only)	ABT 6:30-7:30am TBC 9:15-10:15am Chisel 6:30-7:30pm	Cardio Sculpt 6:30-7:30am ABT 5:00-6:00pm Yoga Dynamic 6:30-7:30pm (Jul 6-27 only)	Chisel 6:30-7:30am Chisel 9:15-10:15am Looking for more Yoga? Join us at George Preston Recreation Centre! Yoga Dynamic Th 10:00 - 11:00am	Chisel 6:30-7:30am	Bodysculpt 8:15-9:15am

Walnut Grove Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba® 8:15-9:15am	Yoga Dynamic 8:00-9:00am Bodyball 9:15-10:15am Fit for Life 1 & 2 10:45-11:45am Cycle & Core 5:30-6:30pm Switch Fit 6:40-7:40pm	Inferno 9:15-10:15am Core/Stretch 11:10am-12:10pm Lite Step 5:20-6:20pm Core/Stretch 6:30-7:30pm	Express Cycle 6:15-7:00am Yoga Dynamic 8:00-9:00am Power Hour 9:15-10:15am Fit for Life 1 10:45-11:45am Cycle & Sculpt 5:30-6:30pm 20/20/20 6:40-7:40pm	Chisel 9:15-10:15am Gentle Core/Stretch 10:30-11:30am Cardio Step 5:20-6:20pm Express Cycle 6:30-7:15pm Zumba® 7:30-8:30pm	Express Cycle 6:15-7:00am Yoga Dynamic 8:00-9:00am Step & Sculpt 9:15-10:15am Fit for Life 2 10:45-11:45am Zumba® Step 5:45-6:45pm	Xtreme Pump 8:00-9:15am Cycle & Sculpt 9:30-10:30am

Willoughby Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BollyX® 11:00am-12:00pm	Express Cycle* 6:15-7:00am Zumba® Step 9:20-10:20am BollyX® 5:30-6:30pm Cycle & Core* 6:40-7:40pm Yoga Dynamic 7:00-8:00pm	PiYo® 9:20-10:20am Cycle-bata* 5:30-6:30pm Boot Camp 7:00-8:00pm	Boot Camp 9:20-10:20am Zumba Sentao® 5:20-6:20pm PiYo® 6:25-7:25pm Cycle* 7:35-8:35pm	Express Cycle* 6:15-7:00am Yoga Dynamic 9:20-10:20am Gentle Yoga 10:30-11:30am Chisel 6:40-7:40pm	Cycle & Sculpt* 9:20-10:20am	Zumba® 10:30-11:30am

*Drop by or call 604.455.8821
60 minutes prior to class start time
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 Yoga Dynamic 10:45-11:45am Body 360 5:30-6:45pm Power Hour 7:00-8:00pm	Cardio Sculpt 9:15-10:15am Fit for Life 1 & 2 10:45-11:45am Interval HIT 12:10-12:55pm Cardio Sculpt 5:15-6:15pm Yoga Dynamic 6:25-7:25pm ABT 7:35-8:35pm	Zumba® 9:15-10:15am Bodysculpt 6:00-7:00pm	Chisel 9:15-10:15am Fit for Life 1 & 2 10:45-11:45am TBC 12:10-12:55pm BollyX® 5:15-6:10pm Yoga Dynamic 7:35-8:35pm	Power Hour 9:15-10:15am	Power Hour 9:15-10:15am	Bodysculpt 9:00-10:00am

Township Admission Rates

	Youth 13-18 yrs	Student with valid ID	Adult 19-59 yrs	Senior 60+ yrs	Family
Drop-in	\$3.32	\$3.77	\$5.27	\$4.02	\$10.46
10-visit card	\$29.90	\$33.90	\$47.50	\$36.10	\$94.20
20-visit card	\$56.40	\$64.00	\$89.60	\$68.40	\$178.00
1-month Go Active Pass	\$36.48	\$41.47	\$58.01	\$44.19	\$115.11
3-month Go Active Pass	\$99.50	\$113.09	\$158.21	\$120.51	\$313.94
1-year Go Active Pass	\$281.91	n/a	\$448.26	\$341.45	\$889.51

Prices are effective September 1, 2016, and do not include applicable tax.

Looking for more classes?

You've got options for select registered fitness classes:

See Leisure Guide or tol.ca/fitness for options.

- 1 Register for the full set
- 2 Take it One Day at a Time*
 - \$7.50 (45 min class)
 - \$10 (1 hr class)
- 3 Already have a Go Active Pass (GAP)? Add a One Day at a Time* option:
 - GAP + \$3 (45 min class)
 - GAP + \$4 (1 hr class)

* Offered when the class runs but is not at capacity; reserve your spot one hour before class begins

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

20/20/20 ④ 20 minutes of cardio on the step, 20 minutes of muscle strengthening and sculpting, and 20 minutes of core work.

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 then move into high intensity Tabata intervals, and finish off with a super blast of abs.

Bodyball ③ Improve your balance, core strength, stability, and cardio conditioning with fit-ball training.

Bodysculpt ③ Build and sculpt your muscles in this power-packed class that features bands, bars, weights cardio training.

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.

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 Combine weight training for toning and cardio intervals to boost endurance. No fancy footwork here, just weights and a cardio pump.

Cardio Step ④ Combine step and high/low aerobics, then muscle toning, and strengthening exercises in this fun class.

Chisel ④ Build that long, lean look with weights, bands, and other equipment. Chisel yourself into a new you!

Chi-Stretch ① Reduce muscle tightness, improve flexibility and balance, and refresh your mind in this dynamic stretch class featuring Pilates, yoga, chikung, tai-chi, feldenkrais, and deep relaxation.

Core/Stretch ② and **Gentle Core/Stretch** ① Strengthen your core and increase your flexibility in this gentle Pilates/Yoga-based class.

Cycle & Sculpt ④ Work to your own fitness level while combining a cardio workout on the bikes with a strength-training component using exercise bands, balls, and weights.

Cycle (60mins) ④ and **Express Cycle (45mins)** ④ Let your instructor guide you through a terrain of hills and drills. Adjust your own intensity level throughout your ride!

Cycle-bata ⑤ Cardio training on the bike is combined with true Tabata intervals for toning and endurance.

Cycle & Core ③ 30 minutes of spin followed by 30 minutes of core work using basic Pilates moves.

Fit for Life Level 1 ① and **Fit for Life Level 2** ② Use low-impact aerobics, weights, and stretching to enhance both cardiovascular fitness and muscular strength in Level 1. Step up the intensity in Level 2. Both classes will improve your fitness level in no time!

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.

Inferno ⑤ Feel your muscles burn in this high-intensity class that gets your heart pumping by using plyometrics, callisthenic movement, and resistance exercises to increase power and agility.

Interval HIT ④ We'll start with athletic step work before moving into High Intensity Training (HIT) using Tabata intervals and finishing off with abs.

Lite Step ③ Learn the basic patterns of stepping using easy-to-follow routines and fun, upbeat music. 20 minutes of cardio is followed by toning and stretching.

PiYo® ④ 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. PiYo® isn't a standard Pilates and yoga class - no matter your age or body type, you'll get dramatically visible results!

Power Hour ④ A power packed full-body workout that varies each class. Classes may include an energized mix of athletic cardio, Tabata intervals, plyometric movements, resistance and strength exercises, and abs.

Step & Sculpt ④ Combine a cardio workout on the step with muscle toning and strengthening to shape and firm your body!

Switch Fit ③ Take advantage of the benefits of a variety of classes 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.

TBC ④ Build strong muscles, keep your heart rate up, and benefit from athletic exercises designed to help you quickly burn fat and tone your muscles with Total Body Conditioning (TBC)!

Xtreme Pump ⑤ Continual movement with resistance training using bars, bands, and weights. Go hard and sweat hard while you build that lean look.

Yoga Dynamic ② Develop strength, balance, and flexibility with sequences of flowing poses linking breath to movement in this fitness-based class.

Love Zumba®? **STRONG by Zumba**® ⑤ **Zumba**® ③ **Zumba**® Senteo ④ **Zumba**® Step ③

Get your Zumba® fix with a variety of options that all feature the high-energy dance party that inspires you to work hard and have fun while moving in sync with the hypnotic Latin rhythms! There's something for all fitness levels and interests. Visit tol.ca/fitness for descriptions.

Pop-Up Fitness

Join us at a different park each week!

Tuesdays, 1:30-2:30pm
Visit tol.ca/events for details.

Contact Us

AKC

Aldergrove Kinsmen Community Centre
26770 - 29 Avenue
604.533.6144

Mo - Fr 8:30am - 8:30pm
Sa 8:30am - 8:30pm
Su 9:00am - 4:00pm
Closed statutory holidays

GPC

George Preston Recreation Centre
20699 - 42 Avenue
604.530.1323

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

WCB

W.C. Blair Recreation Centre
22200 Fraser Highway
604.533.6170

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

WGC

Walnut Grove Community Centre
8889 Walnut Grove Drive
604.882.0408

Mo - Fr 6:00am - 10:00pm
Sa 6:00am - 9:00pm
Su 8:00am - 9:00pm

WBY

Willoughby Community Centre
7888 - 200 Street
604.455.8821

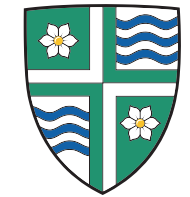
Mo - Th 6:00am - 9:30pm
Fr 6:00am - 8:00pm
Sa - Su 8:00am - 7:00pm

WBK

Willowbrook Recreation Centre
20338 - 65 Avenue
604.532.3500

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

Summer 2017
July 4 - September 1



tol.ca/fitness



RCPI7-286

Recreation Culture & Parks



Stay ACTIVE | Stay INVOLVED | Stay HEALTHY

tol.ca/fitness