

# 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.

**Barre Fitness** 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.

**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.

**Boxer HIIT** ④ Get ready to break a sweat and get your aggression out as we run through circuits designed to get your heart rate up and burn calories with punches, kicks, battle ropes, and more!

**Cardio Core/Stretch** ③ Combine weight training for toning and cardio intervals to boost endurance. No fancy footwork here, just weights and a cardio pump.

**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!

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

**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.

**Express Sculpt** ④ Alternate between cardio and strength-training exercises to obtain optimum fat-burning results.

**Fit for Life Level 1 and Fit for Life Level 2** ① and 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.

**Hatha Yoga** ② Focus on stretching, flexibility, and relaxation. Learn to focus and control your energy flow through basic Hatha Yoga positions. Improve your mind, body, and spirit!

**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.

**Pilates** ② 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!

**Pilates & Stretch** ② See results that include increased strength, flexibility, and a strong core as you strengthen and stretch your body here!

**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.

**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!

**Strength & Stretch** ③ Improve your strength, flexibility and balance in this non-cardio based course. Use a variety of equipment and body weight exercises designed to improve your muscular endurance and enjoy rewarding stretches afterwards!

**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)!

**Vinyasa Yoga** ③ Synchronized yoga poses with your breath in this class that features a warm-up, cardio, range of motion, and flexibility components. Find your perfect workout through options for your fitness level.

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

**X-Fit Lite** ⑤ Using elements of CrossFit®, get kicked into shape using TRX, heavy ropes, suspension techniques, and boot camp-style exercises in a variety of stations.

**Yoga Flow** ③ Link breath and movement in a series of poses that harness the power of inhaling and exhaling. Expect movement, not just stretching.

**Yoga/Pilates** ② Combine yoga poses and pilates movements in this powerful, yet gentle way to improve your flexibility and strengthen your body. Suitable for all levels.

**Love Zumba®?**  
**STRONG by Zumba®** ⑤  
**Zumba®** ③  
**Zumba® Sentao** ④  
**Zumba® Step** ③  
**Zumba® Toning** 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!  
Visit [tol.ca/fitness](http://tol.ca/fitness) for descriptions.

## 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

CLOSED until early 2018

### 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

Winter 2018  
January 8 - March 29



[tol.ca/fitness](http://tol.ca/fitness)



RCPI7-585

Recreation Culture  
& Parks



Stay ACTIVE | Stay INVOLVED | Stay HEALTHY

[tol.ca/fitness](http://tol.ca/fitness)

# Drop-in Fitness Classes

Schedules run **January 8 - March 29** unless otherwise noted, and are subject to change.

View current schedules online at [tol.ca/fitness](http://tol.ca/fitness).

## Aldergrove Kinsmen Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No classes	<b>Fit for Life 1 &amp; 2</b> 9:15 - 10:15am	<b>Pilates &amp; Stretch</b> 9:15 - 10:15am  <b>Hatha Yoga</b> 6:00 - 7:00pm  <b>20/20/20</b> 7:00 - 8:00pm	<b>Step &amp; Sculpt</b> 9:15 - 10:15am	<b>Pilates &amp; Stretch</b> 9:15 - 10:15am  <b>Bodysculpt</b> 7:00 - 8:00pm	<b>Switch Fit</b> 9:15 - 10:15am	No classes

## W.C. Blair Recreation Centre

Closed until early 2018, check [tol.ca/wcblair](http://tol.ca/wcblair) for reopening date.

## Willoughby Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BollyX®</b> 11:00am - 12:00pm	<b>Express Cycle</b> 6:15 - 7:00am  <b>Zumba® Step</b> 9:20 - 10:20am  <b>BollyX®</b> 5:30 - 6:30pm  <b>Cycle &amp; Core*</b> 6:40 - 7:40pm  <b>Yoga Flow</b> 7:00 - 8:00pm  <b>Pound®</b> 7:50 - 8:35pm	<b>Express Cycle</b> 6:15 - 7:00am  <b>PiYo®</b> 9:20 - 10:20am  <b>STRONG by Zumba®</b> 5:30 - 6:30pm  <b>Express Cycle</b> 5:45 - 6:30pm  <b>Zumba®</b> 6:45 - 7:45pm  <b>Boot Camp</b> 7:15 - 8:15pm	<b>Boot Camp</b> 9:20 - 10:20am  <b>Zumba Sentao®</b> 5:20 - 6:20pm  <b>Barre Fitness</b> 5:30 - 6:30pm  <b>PiYo®</b> 6:25 - 7:25pm  <b>Express Cycle</b> 7:45 - 8:30pm	<b>Express Cycle</b> 6:15 - 7:00am  <b>Vinyasa Yoga</b> 9:20 - 10:20am  <b>Gentle Yoga</b> 10:30 - 11:30am  <b>Express Cycle</b> 5:30 - 6:15pm  <b>Chisel</b> 6:45 - 7:45pm  <b>Cycle &amp; Stretch</b> 7:50 - 8:50pm	<b>Express Cycle</b> 6:15 - 7:00am  <b>Cycle &amp; Sculpt*</b> 9:20 - 10:20am  <b>Cycle &amp; Sculpt*</b> 5:45 - 6:45pm	<b>Cycle*</b> 9:00 - 10:00am  <b>Barre Fit</b> 9:15 - 10:15am  <b>Zumba®</b> 10:30 - 11:30am

NEW - 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.

## George Preston Recreation Centre

Classes will be relocated to W.C. Blair when it reopens.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No classes	<b>Zumba®</b> 9:30 - 10:30am  <b>Cardio Sculpt</b> 6:45 - 7:45pm	<b>Yoga Flow</b> 6:55 - 7:55pm	<b>Total Body</b> 9:15 - 10:15am  <b>Zumba®</b> 7:15 - 8:15pm	<b>Yoga Flow</b> 10:00 - 11:00am  <b>Total Body</b> 5:00 - 6:00pm	<b>Zumba® Toning</b> 11:30am - 12:30pm	<b>Bodysculpt</b> 8:45 - 9:45am

## Walnut Grove Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Zumba®</b> 8:15 - 9:15am  <b>Boxer HIIT</b> 12:30 - 1:15pm  <b>STRONG by Zumba®</b> 6:00 - 7:00pm	<b>Vinyasa Yoga</b> 8:00 - 9:00am  <b>Bodyball</b> 9:15 - 10:15am  <b>Fit for Life 1 &amp; 2</b> 10:45 - 11:45am  <b>Cycle &amp; Core</b> 5:30 - 6:30pm  <b>PiYo®</b> 6:40 - 7:40pm  <b>ABT</b> 7:45 - 8:45pm	<b>Inferno</b> 9:15 - 10:15am  <b>Core/Stretch</b> 11:10am - 12:10pm  <b>20/20/20</b> 5:20 - 6:20pm  <b>Cycle &amp; Yoga</b> 6:30 - 7:30pm  <b>Core/Stretch</b> 7:40 - 8:40pm	<b>Express Cycle</b> 6:15 - 7:00am  <b>Yoga Flow</b> 8:00 - 9:00am  <b>Power Hour</b> 9:15 - 10:15am  <b>Fit for Life 1</b> 10:45 - 11:45am  <b>Express Cycle</b> 5:30 - 6:15pm  <b>Pilates</b> 5:30 - 6:30pm  <b>Hatha Yoga</b> 6:00 - 7:00pm  <b>20/20/20</b> 6:30 - 7:30pm	<b>Hatha Yoga</b> 7:45 - 8:45am  <b>Chisel</b> 9:15 - 10:15am  <b>Gentle Core/Stretch</b> 10:30 - 11:30am  <b>Cardio Step</b> 5:20 - 6:20pm  <b>Express Cycle</b> 6:30 - 7:15pm  <b>X - Fit Lite</b> 6:45 - 7:45pm  <b>Yoga/Pilates</b> 7:20 - 8:20pm  <b>Zumba®</b> 7:30 - 8:30pm	<b>Express Cycle</b> 6:15 - 7:00am  <b>Vinyasa Yoga</b> 8:00 - 9:00am  <b>Step &amp; Sculpt</b> 9:15 - 10:15am  <b>Fit for Life 2</b> 10:45 - 11:45am  <b>Zumba® Step</b> 5:45 - 6:45pm	<b>Hatha Yoga</b> 8:00 - 9:00am  <b>Xtreme Pump</b> 8:00 - 9:15am  <b>20/20/20</b> 9:30 - 10:30am

## Willowbrook Recreation Centre

Classes will be relocated to W.C. Blair when it reopens.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No classes	<b>Step &amp; Sculpt</b> 6:30 - 7:30am  <b>Step &amp; Sculpt</b> 9:15 - 10:15am  <b>Yoga Flow</b> 10:45 - 11:45am  <b>Body 360</b> 5:30 - 6:45pm  <b>Hatha Yoga</b> 6:45 - 7:45pm  <b>Power Hour</b> 7:00 - 8:00pm	<b>Express HIIT</b> 6:30 - 7:15am  <b>Cardio Sculpt</b> 9:15 - 10:15am  <b>Fit for Life 1 &amp; 2</b> 10:45 - 11:45am  <b>Express HIIT</b> 12:10 - 12:55pm  <b>Cardio Sculpt</b> 5:15 - 6:15pm  <b>Yoga Flow</b> 6:25 - 7:25pm  <b>ABT</b> 7:35 - 8:35pm	<b>ABT</b> 6:30 - 7:30am  <b>Strength &amp; Stretch</b> 9:15 - 10:15am  <b>Boxer HIIT</b> 5:10 - 5:55pm  <b>Bodysculpt</b> 6:00 - 7:00pm	<b>Express Sculpt</b> 6:30 - 7:15am  <b>Chisel</b> 9:15 - 10:15am  <b>Fit for Life 1 &amp; 2</b> 10:45 - 11:45am  <b>TBC</b> 12:10 - 12:55pm  <b>BollyX®</b> 5:15 - 6:10pm  <b>Pilates</b> 6:45 - 7:45pm  <b>Yoga Flow</b> 7:35 - 8:35pm	<b>Chisel</b> 6:30 - 7:30am  <b>Power Hour</b> 9:15 - 10:15am	<b>X - Fit Lite</b> 9:00 - 10:00am