

PRE-REGISTERED DROP-IN SCHEDULE

Classes and times are subject to change. Contact White Rock Recreation and Culture to confirm, or visit whiterockcity.ca/register.

Registration opens
7 days before each
class. Limited spots
available.

Most classes
begin the week of
September 12.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GROUP FITNESS					
Body Works 55+ 8:45am-9:45am KSAC	Body Works 55+ 8:45am-9:45am WRCC		Fit Camp 55+ 8:45am-9:45am WRCC		
Body Works 55+ 10:00am-11:00am WRCC	Movement for Fitness 12:30pm-1:30pm CAL	Line Dance Beginners 11:15am-12:15pm WRCC	Body Works 55+ 10:00am-11:00am WRCC	Stability Body Sculpt 11:15am-12:15pm CAL	
Fit Camp 55+ 10:00am-11:00am KSAC			Stronger with Bands 11:15am-12:15pm WRCC		
CIRCUIT CLASSES					
Cardio & ST Circuit 55+ 10:15am-11:15am CAL	Cardio & ST Circuit 55+ 10:10am-11:10am CAL	Cardio & ST Circuit 55+ 8:45am-9:45am CAL			
Cardio & ST Circuit 55+ 11:30am-12:30pm CAL	Cardio & ST Circuit 55+ 11:15am-12:15pm CAL	Cardio & ST Circuit 55+ 10:00am-11:00am CAL			
ZUMBA/STRONG					
Zumba 4:45pm-5:45pm KSAC		Zumba Gold 8:45am-9:45am KSAC	Zumba 6:00pm-7:00pm KSAC	Zumba Gold 8:45am-9:45am KSAC	Zumba 9:30am-10:30am KSAC
STRONG 6:00pm-7:00pm KSAC		STRONG 6:00pm-7:00pm CPLC			
YOGA/PILATES/BARRE					
Yoga for Men 11:00am-12:00pm WRCC		Pilates 9:00am-10:00am WRCC	Pilates Basics 10:15am-11:15am WRCC	Pilates 8:40am-9:40am WRCC	LOCATIONS: KSAC: Kent Street Activity Centre, 1475 Kent Street WRCC: White Rock Community Centre, 15154 Russell Avenue CAL: Centre for Active Living, 1475 Anderson Street CPLC: Centennial Park Leisure Centre, 14600 North Bluff Road
Gentle Therapeutic Yoga 3:15pm-4:30pm WRCC	Full Body Pilates with Ball 9:30am-10:30am WRCC	Barre Conditioning 10:15am-11:00am WRCC	Yoga Yin 11:00am-12:00pm CAL	Yoga 55+ 9:50am-10:50am WRCC	
Barre Conditioning 5:45pm-6:30pm WRCC	Restorative Yoga 11:00am-12:15pm WRCC	Fitkizomba 5:30pm-6:30pm WRCC		Hatha Yoga 10:00am-11:00am WRCC	
Pilates 6:45pm-7:45pm WRCC	Gentle Hatha Yoga 5:45pm-6:45pm WRCC	Restorative Yoga 6:00pm-7:00pm WRCC		Yoga for Men 11:00am-12:00pm WRCC	
	Hatha Yoga 7:00pm-8:00pm WRCC				

For more
information on
drop-in admissions
and passes,
see page 4.

24 hour Cancellation Policy.
Participants must cancel their drop-in at least
24 hours in advance to receive a credit.

DROP-IN ADMISSIONS AND PASSES

Purchase passes at whiterockcity.ca/register. Passes expire 2 years from date of purchase. Prices include tax.

ACTIVE PASS

Valid for Group Fitness, Cardio Gym and more (see page 4)

VALID AT ALL LOCATIONS	ADULT (19-64)	SENIOR (65+)
SINGLE DROP-IN	\$7.25	\$5.75
ACTIVE 10	\$66	\$52
ACTIVE 20	\$116	\$92
ACTIVE 30 DAY (MONTH)	\$40	\$35

CIRCUIT 10 PASS

Valid for instructor-led
circuit classes at the
Centre for Active Living

SINGLE DROP-IN	\$9.50
CIRCUIT 10	\$88

'ZYP' 10 PASS

Valid for Zumba/
Pilates/Barre/Yoga
STRONG

SINGLE DROP-IN	\$13.75
ZYP 10	\$113

Body Works 55+

Designed to improve muscular endurance, functional strength and flexibility. This full body workout will keep you fit and ready for your active lifestyle.

Fit Camp 55+

Build stamina and endurance in this interval training fit camp designed for fit older adults.

Movement for Fitness

This gentle exercise program includes some cardio and strength training, and no floor work. Exercises can also be done seated.

Line Dance Beginners

Move to a wide variety of music from Latin, to the classics and western country. Routines are fun and easy to learn, taught at a pace that works for you. This is a great class for beginners and those who have some experience and want to start dancing again.

Stronger with Bands

Use resistance bands in this fun and effective class. Whole body workouts will tone every muscle group, improve balance and flexibility.

Cardio & ST Circuit 55+

Strengthen, tone and burn calories on a dynamic cardio equipment circuit in the Centre for Active Living gym. Participants are encouraged to go at their own pace.

Zumba

Unique Latin-inspired music and dance steps create a dynamic and exciting fitness workout. Get hooked on this amazing way to PARTY your body into shape.

STRONG

STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

Zumba Gold

Latin and International inspired music and dance steps create a dynamic, exciting and effective fitness workout. Perfect for the active older adult, this class recreates the original Zumba moves at a lower-intensity. Easy to follow choreography focuses on balance, range of motion and coordination.

Yoga for Men

Class focuses on improving flexibility for the neck, shoulders, hips & legs, and gaining strength, improving balance, endurance, and range of motion.

Gentle Therapeutic Yoga

A relaxing practice using yoga postures, mindfulness and breathing to calm the body and mind. This practice focuses on mindful movement to improve flexibility, strength and reduce pain.

Barre Conditioning

A blend of Ballet-Barre, dancers Floor-Barre and Pilates exercises. Barre Conditioning focuses on toning and strengthening the feet, legs, abdominals, back and arms.

Pilates

Increase strength and flexibility with this mind and body workout. Core strengthening exercises and stretches help improve body awareness and posture.

Sunrise Yoga

Sunrise yoga practice is designed to help cultivate balance, peace and poise. It helps start your day by rejuvenating and bringing energy to the body using the Bender Ball. This type of practice invites you to use the power tools of breath, movement and discipline to foster self-care energy!

Restorative Yoga

Use gentle yoga techniques to restore optimal breathing. Learn body awareness and re-pattern movement.

Full Body Pilates with Ball

Increase strength and flexibility with this mind and body workout. Core strengthening exercises and stretches help improve body awareness and posture.

Gentle Hatha Yoga

Hatha yoga focuses on increasing flexibility and muscular strength, and breathing techniques that help to center and calm the mind.

Hatha Yoga

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Fitkizomba

Kizomba means “party” and is a style of dance and musical genre originating in Angola. Improve your core, strengthen your lower back, and unleash your self-confidence. Steps are presented in a non-intimidating easy to follow format.

Pilates Basic

A preparatory class assisting you in pursuing further Pilates and movement classes. The principal foundation of the Pilates method will educate you in body organization and co-ordination. This class provides time for individual needs.

Yoga Yin

Yin Yoga is a slower paced more meditative version of the popular physical spiritual yoga. Poses are held for longer periods of time targeting the connective tissues such as ligaments, bones and even joints of the hips, pelvis, and lower spine rather than focusing on the muscles. Suitable for most abilities.

Yoga 55+

A combination of breath work, postures and meditation to rejuvenate and bring body and mind into a state of well-being