



## All Fitness Drop-In Schedules as of September 20, 2019

Monday			
Class/Facility	Date/Time	Age	Instructor(s)
<b>Masters Swim 2</b> Ron Andrews Community Recreation Centre - Lane 1	Sep 20 - Dec 30 5:30am - 6:30am	13yrs+	David F
<b>Masters Swim 2</b> Harry Jerome Community Recreation Centre - Lane 2	Sep 20 - Dec 30 6:00am - 7:00am	13yrs+	Khosro M
<b>Spin</b> Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 23 - Dec 30 6:30am - 7:30am	13yrs+	Fitness Instructor
Bring a towel and water bottle! No class Sept 2			
<b>Cardiac Rehab Phase 3 &amp; 4</b> Memorial Community Recreation Centre - Capilano Room	Sep 20 - Dec 30 7:00am - 8:30am	30yrs+	Fitness Instructor
<b>Cardiac Rehab Phase 3 &amp; 4</b> Parkgate Community Centre - Fitness Centre	Sep 20 - Dec 30 7:30am - 8:30am	30yrs+	Fitness Instructor
NO CLASS SEPT 2			
<b>Aquafit Shallow</b> Ron Andrews Community Recreation Centre - Tank Deep B	Sep 23 - Dec 30 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Cardiac Rehab Phase 3 &amp; 4</b> John Braithwaite Community Centre - Harbourview Room	Sep 20 - Dec 23 8:00am - 10:00am	30yrs+	Kerstin Y
Must have a Specialty Membership to Drop in			
<b>Circuit 1</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 20 - Dec 30 8:00am - 9:00am	50yrs+	Madeline M
<b>Masters Swim 1</b> Harry Jerome Community Recreation Centre - 4 Lanes	Sep 20 - Dec 30 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Cardio 1</b> Parkgate Community Centre - Gymnasium	Sep 23 - Dec 30 9:00am - 10:00am	13yrs+	Mehrnoush A

Quadrants AB

No class Monday October 21.

<b>AquaFit Shallow</b> Harry Jerome Community Recreation Centre - 4 Lanes	Sep 23 - Dec 30 9:05am - 10:05am	13yrs+	Fitness Instructor
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<b>Cardio Kickboxing</b> Parkgate Community Centre - Large Multi Purpose	Sep 23 - Dec 30 9:05am - 10:05am	13yrs+	Ashifa S
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<b>Cardio 2</b> John Braithwaite Community Centre - Shoreline	Sep 23 - Dec 30 9:15am - 10:15am	13yrs+	1 - Christine Poole
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<b>Circuit 1</b> Karen Magnussen Community Recreation Centre - Fitness Centre	Sep 23 - Dec 30 10:00am - 11:00am	50yrs+	Steve W
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<b>Masters Swim 2</b> Ron Andrews Community Recreation Centre - Lane 1	Sep 20 - Dec 30 10:00am - 11:00am	13yrs+	Fitness Instructor
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<b>Stretch Flow</b> Parkgate Community Centre - Gymnasium	Sep 23 - Dec 30 10:00am - 10:30am	50yrs+	Mehrnoush A
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(30 minutes), No class Monday October 21.

<b>Cardio 1</b> Parkgate Community Centre - Gymnasium Quadrants AB	Sep 23 - Dec 30 10:30am - 11:30am	13yrs+	Mehrnoush A
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No class Monday October 21.

<b>Circuit 1</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 20 - Dec 30 10:30am - 11:30am	50yrs+	Madeline M
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<b>Movement and Mobility 1</b> Parkgate Community Centre - Large Multi Purpose	Sep 23 - Dec 23 10:30am - 11:30am	50yrs+	Rose L
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NO CLASS SEPT 2

<b>Cardiac Rehab Phase 3 &amp; 4</b> Ron Andrews Community Recreation Centre - Fitness Centre	Sep 20 - Dec 30 1:00pm - 2:15pm	50yrs+	Fitness Instructor
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<b>Circuit 1</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 20 - Dec 30 1:30pm - 2:30pm	50yrs+	Colleen E
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<b>Cardio 3</b> Memorial Community Recreation Centre - Capilano Room	Sep 23 - Dec 30 5:10pm - 6:20pm	13yrs+	Fitness Instructor
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No class Sept 2nd

<b>Stretch Flow</b> Parkgate Community Centre - Large Multi	Sep 23 - Dec 30 6:00pm - 7:00pm	13yrs+	Penny S
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Purpose

NO CLASS SEPT 2

<b>Masters Swim 2</b> Ron Andrews Community Recreation Centre - Lane 1	Sep 23 - Dec 30 7:30pm - 8:30pm	15yrs+	Fitness Instructor
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<b>Masters Swim 2</b> Delbrook Community Recreation Centre - 4 Lanes	Sep 20 - Dec 30 8:00am - 9:15am	yrs+	John M
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<b>Cardio 3</b> Delbrook Community Recreation Centre - Ash Room	Sep 23 - Dec 30 7:15am - 8:15am	13yrs+	Diana C
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<b>Movement &amp; Mobility 3</b> Delbrook Community Recreation Centre - Maple Room	Sep 23 - Dec 30 7:30am - 8:30am	25yrs+	Barbara P
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<b>Cardio 1</b> Delbrook Community Recreation Centre - Ash Room	Sep 23 - Dec 30 8:30am - 9:30am	yrs+	Elena V
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<b>Yoga Inspired Stretching</b> North Shore Neighbourhood House - NSNH Gym	Sep 23 - Nov 25 9:15am - 10:15am	13yrs+	Kelly L
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No class on Stat holiday

<b>Muscle Fusion 2</b> Delbrook Community Recreation Centre - Ash Room	Sep 23 - Dec 30 9:40am - 10:40am	13yrs+	Louise P
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<b>Aquafit Deep</b> Delbrook Community Recreation Centre - 4 Lanes	Sep 23 - Dec 30 10:00am - 11:00am	15yrs+	Mary Jane P
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<b>Movement and Mobility 2</b> Delbrook Community Recreation Centre - Ash Room	Sep 23 - Dec 30 10:50am - 11:50am	50yrs+	Louise P
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<b>Aquafit Interval</b> Delbrook Community Recreation Centre - 4 Lanes	Sep 23 - Dec 30 11:00am - 12:00pm	15yrs+	Mary Jane P
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<b>Keep Well</b> Delbrook Community Recreation Centre - Arbutus Room	Sep 23 - Dec 30 11:00am - 12:45pm	25yrs+	Fitness Instructor
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Run by Keep Well Society (Capilano Community Services)

<b>Yoga Fusion</b> Delbrook Community Recreation Centre - Maple Room	Sep 23 - Dec 30 12:00pm - 12:45pm	13yrs+	Kelly L
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No class on: Mon, Sept 2 and Move to: Ash Room (lower floor) on Mon, Sept 9

<b>Step 1</b> Memorial Community Recreation Centre - Gymnasium	Sep 23 - Dec 30 12:10pm - 12:50pm	yrs+	Sally D
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<b>Muscle Fusion 2</b> Delbrook Community Recreation Centre - Ash Room	Sep 23 - Dec 30 5:30pm - 6:30pm	13yrs+	Diana C
NO CLASS ON: Mon, Oct 14 due to stat holiday.			
<b>Yoga Fusion</b> Delbrook Community Recreation Centre - Maple Room	Sep 23 - Dec 30 5:30pm - 6:30pm	13yrs+	Brigitte L
<b>Stretch Flow (75 min)</b> Ron Andrews Community Recreation Centre - Windsor Room	Sep 23 - Dec 30 6:15pm - 7:30pm	13yrs+	Annie M
No class Sep 2			
<b>Cardio Kick Boxing</b>	Sep 23, 2019 - Sep 7, 2020 7:00pm - 8:00pm	13yrs+	1 - Christine Poole
no classes no statutory Mondays			
<b>Yoga Fusion</b> Delbrook Community Recreation Centre - Maple Room	Sep 23 - Dec 30 7:00pm - 8:00pm	13yrs+	Yvette B
<b>Aquafit Deep</b> Delbrook Community Recreation Centre - 4 Lanes	Sep 23 - Dec 30 7:30pm - 8:30pm	15yrs+	Miranda G
<b>Muscle Fusion 2</b> Lynn Valley Community Recreation Centre - Cardinal Hall	Sep 23 - Dec 30 8:45am - 9:45am	13yrs+	Rhonda K.
<b>Bootcamp 3</b> John Braithwaite Community Centre - Shoreline	Sep 23 - Dec 30 12:10pm - 12:55pm	13yrs+	TBA TBA
<b>Aquafit Shallow</b> Karen Magnussen Community Recreation Centre - Wave Pool	Sep 30 - Dec 30 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Exercise for Range of Motion Level 1</b> Karen Magnussen Community Recreation Centre - Games Pool	Sep 30 - Dec 30 10:30am - 11:30am	30yrs+	Fitness Instructor
<b>Cardiac Rehab Phase 3 &amp; 4</b> John Braithwaite Community Centre - Harbourview Room	Jan 3 - Mar 30, 2020 8:00am - 10:00am	30yrs+	Kerstin Y
Must have a Specialty Membership to Drop in			

## Tuesday

Class/Facility	Date/Time	Age	Instructor(s)
<b>Masters Swim 2</b> Harry Jerome Community Recreation Centre - Lane 2	Sep 20 - Dec 30 6:00am - 7:00am	13yrs+	Khosro M

<b>Circuit 1</b> Parkgate Community Centre - Fitness Centre	Sep 24 - Dec 31 8:30am - 9:30am	50yrs+	Lian Z.
<b>Yoga Fusion</b> Delbrook Community Recreation Centre - Maple Room	Sep 24 - Dec 31 7:00am - 8:00am	13yrs+	Maureen D
<b>Aquafit Deep</b> Ron Andrews Community Recreation Centre - 4 Lanes	Sep 24 - Dec 31 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Aquafit Shallow</b> Harry Jerome Community Recreation Centre - 4 Lanes	Sep 24 - Dec 31 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Circuit 1</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 24 - Dec 31 8:00am - 9:00am	50yrs+	Steve W
<b>Yoga Fusion</b>	Sep 24 - Dec 31 9:00am - 10:00am	13yrs+	Fitness Instructor
<b>Cardio 2</b> Ron Andrews Community Recreation Centre - Windsor Room	Sep 24 - Dec 31 9:05am - 10:05am	13yrs+	Sally D
<b>Step</b> Parkgate Community Centre - Large Multi Purpose	Sep 24 - Dec 31 9:05am - 10:05am	yrs+	Ashifa S
(75 minutes)			
<b>Circuit 2</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 24 - Dec 31 9:15am - 10:15am	13yrs+	Fitness Instructor
<b>Masters Swim 1</b> Ron Andrews Community Recreation Centre - Lane 1	Sep 24 - Dec 31 9:15am - 10:15am	13yrs+	Fitness Instructor
<b>Spin</b> Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 24 - Dec 31 9:15am - 10:15am	13yrs+	Janet L
No class Sept 10, Sept 17			
<b>Aquafit Shallow</b> Delbrook Community Recreation Centre - Leisure Pool Games	Sep 24 - Dec 31 10:00am - 11:00am	15yrs+	Miranda G
<b>Movement &amp; Mobility 3</b> Delbrook Community Recreation Centre - Arbutus Room	Sep 24 - Dec 31 10:10am - 11:10am	25yrs+	Christine C
<b>Cardio 1</b> Memorial Community Recreation Centre - Gymnasium	Sep 24 - Dec 31 10:30am - 11:30am	13yrs+	Fitness Instructor
<b>Cardio 1 Women's Only \$2</b> John Braithwaite Community Centre - Shoreline	Sep 24 - Dec 24 10:30am - 11:30am	13yrs+	Lian Z.
<b>Circuit 1</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 24 - Dec 31 10:30am - 11:30am	50yrs+	Steve W

<b>Adapted Aquafit</b> Delbrook Community Recreation Centre - Leisure Pool Games	Sep 24 - Dec 31 11:00am - 11:45am	15yrs+	Annick G
<b>Supervised Rehab</b> Parkgate Community Centre - Fitness Centre	Sep 24 - Dec 31 11:00am - 12:00pm	16yrs+	Fitness Instructor
<b>Muscle Fusion 2</b> Memorial Community Recreation Centre - Gymnasium	Sep 24 - Dec 31 12:10pm - 12:50pm	13yrs+	Fitness Instructor
<b>Yoga Fusion</b> John Braithwaite Community Centre - Shoreline	Sep 24 - Dec 24 12:10pm - 12:55pm	13yrs+	Glenda S
<b>Spin</b> Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 24 - Dec 31 12:15pm - 1:00pm	13yrs+	Fitness Instructor
Bring a towel and water bottle!			
<b>Bootcamp 3</b> Delbrook Community Recreation Centre - Ash Room	Sep 24 - Dec 31 5:45pm - 6:45pm	13yrs+	Lesley P
<b>Cardio 1</b> Memorial Community Recreation Centre - Capilano Room	Sep 24 - Dec 17 5:55pm - 6:55pm	13yrs+	Fitness Instructor
<b>Cardio 3</b> Parkgate Community Centre - Large Multi Purpose	Sep 24 - Dec 17 6:00pm - 7:00pm	13yrs+	Kelda G.
NO Class DEC 24, DEC 31			
<b>Spin</b> Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 24 - Dec 19 6:00pm - 7:00pm	13yrs+	Karen H
Bring a towel and water bottle!			
<b>Cardiac Rehab Phase 3 &amp; 4</b> Memorial Community Recreation Centre - Off Cap Room	Sep 24 - Dec 19 6:30pm - 7:45pm	30yrs+	Fitness Instructor
<b>Aquafit Deep</b> Ron Andrews Community Recreation Centre - Tank Deep B	Sep 24 - Dec 31 7:30pm - 8:30pm	13yrs+	Fitness Instructor
<b>Masters Swim 1</b> Ron Andrews Community Recreation Centre - Lane 1	Sep 24 - Dec 24 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Bootcamp 3</b> Ron Andrews Community Recreation Centre - Windsor Room	Sep 24 - Dec 17 6:15am - 7:15am	13yrs+	Andrenea T
No class Sep 3			
<b>Muscle Fusion Ball 2</b> Memorial Community Recreation Centre -	Sep 24 - Dec 31 8:45am - 9:45am	13yrs+	Kelly L

Gymnasium			
<b>Aquafit Shallow</b> Karen Magnussen Community Recreation Centre - Wave Pool	Oct 1 - Dec 31 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Aquafit Shallow</b> Karen Magnussen Community Recreation Centre - Wave Pool	Oct 1 - Dec 31 9:00am - 10:00am	13yrs+	Fitness Instructor
<b>Exercise for Range of Motion Level 2</b> Karen Magnussen Community Recreation Centre - Games Pool	Oct 1 - Dec 26 10:00am - 11:00am	13yrs+	Fitness Instructor

## Wednesday

Class/Facility	Date/Time	Age	Instructor(s)
<b>Masters Swim 2</b> Ron Andrews Community Recreation Centre - Lane 1	Sep 20 - Dec 30 5:30am - 6:30am	13yrs+	David F
<b>Masters Swim 2</b> Harry Jerome Community Recreation Centre - Lane 2	Sep 20 - Dec 30 6:00am - 7:00am	13yrs+	Khosro M
<b>Cardiac Rehab Phase 3 &amp; 4</b> Memorial Community Recreation Centre - Capilano Room	Sep 20 - Dec 30 7:00am - 8:30am	30yrs+	Fitness Instructor
<b>Cardiac Rehab Phase 3 &amp; 4</b> Parkgate Community Centre - Fitness Centre	Sep 20 - Dec 30 7:30am - 8:30am	30yrs+	Fitness Instructor
NO CLASS SEPT 2			
<b>Cardiac Rehab Phase 3 &amp; 4</b> John Braithwaite Community Centre - Harbourview Room	Sep 20 - Dec 23 8:00am - 10:00am	30yrs+	Kerstin Y
Must have a Specialty Membership to Drop in			
<b>Circuit 1</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 20 - Dec 30 8:00am - 9:00am	50yrs+	Madeline M
<b>Masters Swim 1</b> Harry Jerome Community Recreation Centre - 4 Lanes	Sep 20 - Dec 30 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Masters Swim 2</b> Ron Andrews Community Recreation Centre - Lane 1	Sep 20 - Dec 30 10:00am - 11:00am	13yrs+	Fitness Instructor
<b>Circuit 1</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 20 - Dec 30 10:30am - 11:30am	50yrs+	Madeline M
<b>Movement and Mobility 1</b> Parkgate Community Centre - Large Multi Purpose	Sep 23 - Dec 23 10:30am - 11:30am	50yrs+	Rose L

NO CLASS SEPT 2

<b>Cardiac Rehab Phase 3 &amp; 4</b> Ron Andrews Community Recreation Centre - Fitness Centre	Sep 20 - Dec 30 1:00pm - 2:15pm	50yrs+	Fitness Instructor
<b>Circuit 1</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 20 - Dec 30 1:30pm - 2:30pm	50yrs+	Colleen E
<b>Masters Swim 2</b> Ron Andrews Community Recreation Centre - Lane 1	Sep 23 - Dec 30 7:30pm - 8:30pm	15yrs+	Fitness Instructor
<b>Spin</b> Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 25 - Dec 18 6:30am - 7:30am	13yrs+	Fitness Instructor
Bring a towel and water bottle!			
<b>Yoga Fusion</b> Delbrook Community Recreation Centre - Ash Room	Sep 25 - Dec 18 7:15am - 8:15am	13yrs+	Mehrnoush A
<b>Movement &amp; Mobility 3</b> Delbrook Community Recreation Centre - Arbutus Room	Sep 25 - Dec 18 7:30am - 8:30am	25yrs+	Chris M
<b>Aquafit Shallow</b> Ron Andrews Community Recreation Centre - Tank Deep B	Sep 25 - Dec 18 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Cardio 3</b> John Braithwaite Community Centre - Shoreline	Sep 25 - Dec 18 8:00am - 9:00am	13yrs+	Christine P
<b>Masters Swim 2</b> Delbrook Community Recreation Centre - 4 Lanes	Sep 20 - Dec 30 8:00am - 9:15am	yrs+	John M
<b>Cardio 1</b> Delbrook Community Recreation Centre - Ash Room	Sep 25 - Dec 18 8:30am - 9:30am	15yrs+	Sally D
<b>Aquafit Interval</b> Delbrook Community Recreation Centre - Current Channel	Sep 25 - Dec 18 9:00am - 9:45am	15yrs+	Billi B
<b>Aquafit Shallow</b> Ron Andrews Community Recreation Centre - Tank Deep B	Sep 25 - Dec 18 9:00am - 10:00am	13yrs+	Fitness Instructor
<b>Cardio 1</b> Parkgate Community Centre - Gymnasium Quadrants AB	Sep 25 - Dec 18 9:00am - 10:00am	13yrs+	Rose L
<b>Aquafit Shallow</b> Harry Jerome Community Recreation Centre - 4 Lanes	Sep 25 - Dec 18 9:05am - 10:05am	13yrs+	Fitness Instructor
<b>Aquafit Shallow</b> Harry Jerome Community Recreation Centre - 4 Lanes	Sep 25 - Dec 18 9:05am - 10:05am	13yrs+	Fitness Instructor
<b>Muscle Core Fusion 2</b>	Sep 25 - Dec 18	13yrs+	Louis B



Ron Andrews Community Recreation Centre - Windsor Room	9:05am - 10:05am		
<b>Muscle Fusion Ball 2</b> John Braithwaite Community Centre - Shoreline	Sep 25 - Dec 18 9:15am - 10:15am	13yrs+	Julie L
<b>Muscle Fusion 2</b> Delbrook Community Recreation Centre - Ash Room	Sep 25 - Dec 18 9:40am - 10:40am	13yrs+	Louise P
<b>Aquafit Deep</b> Delbrook Community Recreation Centre - 4 Lanes	Sep 25 - Dec 18 10:00am - 11:00am	15yrs+	Billi B
<b>Circuit 1</b> Karen Magnussen Community Recreation Centre - Fitness Centre	Sep 25 - Dec 18 10:00am - 11:00am	50yrs+	Sally D
<b>Stretch Flow</b> Parkgate Community Centre - Gymnasium	Sep 25 - Dec 18 10:00am - 10:30am	50yrs+	Rose L
(30 minutes)			
<b>Movement and Mobility 2</b> Delbrook Community Recreation Centre - Ash Room	Sep 25 - Dec 18 10:50am - 11:50am	50yrs+	Louise P
<b>Yoga Fusion</b> Delbrook Community Recreation Centre - Maple Room	Sep 25 - Dec 18 12:00pm - 12:45pm	13yrs+	Mehrnoush A
<b>Muscle Fusion 3</b> John Braithwaite Community Centre - Shoreline	Sep 25 - Dec 18 12:10pm - 12:55pm	13yrs+	Fitness Instructor
<b>Muscle Core Fusion 2</b> Delbrook Community Recreation Centre - Ash Room	Sep 25 - Dec 18 5:30pm - 6:30pm	13yrs+	Diana C
<b>Spin</b> Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 25 - Dec 18 5:30pm - 6:30pm	13yrs+	Fitness Instructor
Bring a towel and water bottle!			
<b>Yoga Fusion</b> Delbrook Community Recreation Centre - Maple Room	Sep 25 - Dec 18 5:30pm - 6:30pm	13yrs+	Brigitte L
<b>Cardio 3</b> Memorial Community Recreation Centre - Capilano Room	Sep 25 - Dec 18 5:35pm - 6:45pm	13yrs+	Fitness Instructor
<b>Cardio Kickboxing</b> Lynn Valley Community Recreation Centre - Cardinal Hall	Sep 25 - Dec 18 6:00pm - 7:00pm	13yrs+	Fitness Instructor
<b>Yoga Fusion</b> Ron Andrews Community Recreation Centre - Windsor Room	Sep 25 - Dec 18 6:30pm - 7:30pm	13yrs+	Lesley P
<b>Aquafit Deep</b> Delbrook Community Recreation Centre - 4 Lanes	Sep 25 - Dec 18 7:30pm - 8:30pm	6yrs-12yrs	Mary Jane P

<b>Circuit 1 \$2</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 25 - Dec 18 7:30pm - 8:30pm	50yrs+	Fitness Instructor
<b>Circuit 2 \$2</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 25 - Dec 18 7:30pm - 8:30pm	13yrs+	Fitness Instructor
<b>Muscle Fusion 2</b> Lynn Valley Community Recreation Centre - Cardinal Hall	Sep 25 - Dec 18 9:15am - 10:15am	13yrs+	Rhonda K.
<b>Exercise for Range of Motion Level 1</b> Karen Magnussen Community Recreation Centre - Games Pool	Sep 30 - Dec 30 10:30am - 11:30am	30yrs+	Fitness Instructor
<b>Aquafit Shallow</b> Karen Magnussen Community Recreation Centre - Wave Pool	Oct 2 - Dec 18 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Aquafit Shallow</b> Karen Magnussen Community Recreation Centre - Wave Pool	Oct 2 - Dec 18 9:00am - 10:00am	13yrs+	Fitness Instructor
<b>Aquafit Shallow</b> Karen Magnussen Community Recreation Centre - Wave Pool	Oct 9 - Dec 25 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Cardiac Rehab Phase 3 &amp; 4</b> John Braithwaite Community Centre - Harbourview Room	Jan 3 - Mar 30, 2020 8:00am - 10:00am	30yrs+	Kerstin Y
Must have a Specialty Membership to Drop in			

Thursday			
Class/Facility	Date/Time	Age	Instructor(s)
<b>Masters Swim 2</b> Harry Jerome Community Recreation Centre - Lane 2	Sep 20 - Dec 30 6:00am - 7:00am	13yrs+	Khosro M
<b>Circuit 1</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 24 - Dec 31 8:00am - 9:00am	50yrs+	Steve W
<b>Circuit 2</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 24 - Dec 31 9:15am - 10:15am	13yrs+	Fitness Instructor
<b>Circuit 1</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 24 - Dec 31 10:30am - 11:30am	50yrs+	Steve W
<b>Adapted Aquafit</b> Delbrook Community Recreation Centre - Leisure Pool Games	Sep 24 - Dec 31 11:00am - 11:45am	15yrs+	Annick G
<b>Supervised Rehab</b> Parkgate Community Centre - Fitness Centre	Sep 24 - Dec 31 11:00am - 12:00pm	16yrs+	Fitness Instructor
<b>Yoga Fusion</b> John Braithwaite Community Centre - Shoreline	Sep 24 - Dec 24 12:10pm - 12:55pm	13yrs+	Glenda S

<b>Spin</b> Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 24 - Dec 19 6:00pm - 7:00pm	13yrs+	Karen H
Bring a towel and water bottle!			
<b>Cardiac Rehab Phase 3 &amp; 4</b> Memorial Community Recreation Centre - Off Cap Room	Sep 24 - Dec 19 6:30pm - 7:45pm	30yrs+	Fitness Instructor
<b>Yoga Fusion</b> Delbrook Community Recreation Centre - Maple Room	Sep 26 - Dec 19 7:00am - 8:00am	13yrs+	Maureen D
<b>Aquafit Deep</b> Ron Andrews Community Recreation Centre - 4 Lanes	Sep 26 - Dec 19 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Aquafit Shallow</b> Harry Jerome Community Recreation Centre - 4 Lanes	Sep 26 - Dec 26 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Circuit 1</b> Parkgate Community Centre - Fitness Centre	Sep 26 - Dec 19 8:20am - 9:20am	50yrs+	Elena V
<b>Muscle Fusion 2</b> Delbrook Community Recreation Centre - Ash Room	Sep 26 - Dec 19 8:30am - 9:30am	13yrs+	Kelly L
<b>Yoga Fusion</b> Delbrook Community Recreation Centre - Arbutus Room	Sep 26 - Dec 19 9:00am - 10:00am	13yrs+	Rosemary C
<b>Step 2</b> Ron Andrews Community Recreation Centre - Windsor Room	Sep 26 - Dec 19 9:05am - 10:05am	13yrs+	Ashifa S
<b>Spin</b> Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 26 - Dec 26 9:15am - 10:15am	13yrs+	Katherine T
Bring a towel and water bottle!			
<b>Muscle Core Fusion 2</b> Parkgate Community Centre - Large Multi Purpose	Sep 26 - Dec 19 9:30am - 10:45am	13yrs+	Elena V
(75 minutes) No class Dec 26			
<b>Aquafit Shallow</b> Delbrook Community Recreation Centre - Leisure Pool Games	Sep 26 - Dec 19 10:00am - 11:00am	15yrs+	Billi B
<b>Movement &amp; Mobility 3</b> Delbrook Community Recreation Centre - Arbutus Room	Sep 26 - Dec 19 10:10am - 11:10am	25yrs+	Christine C
<b>Cardio 1</b> Memorial Community Recreation Centre - Gymnasium	Sep 26 - Dec 26 10:30am - 11:30am	13yrs+	Fitness Instructor
<b>Muscle Fusion 1</b>	Sep 26 - Dec 26	13yrs+	Gail R

John Braithwaite Community Centre - Shoreline	10:30am - 11:30am		
<b>Bootcamp</b>	Sep 26, 2019 - Jun 25, 2020 12:10pm - 1:10pm	13yrs+	Christine P
<b>Spin</b> Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 26 - Dec 26 12:15pm - 1:00pm	13yrs+	Fitness Instructor
Bring a towel and water bottle!			
<b>Cardio 1</b> Memorial Community Recreation Centre - Capilano Room	Sep 26 - Dec 19 5:55pm - 6:55pm	13yrs+	Fitness Instructor
<b>Bootcamp 3</b> Delbrook Community Recreation Centre - Ash Room	Sep 26 - Dec 19 6:15pm - 7:15pm	13yrs+	Lesley P
<b>Muscle Core Fusion 2</b> Parkgate Community Centre - Large Multi Purpose	Sep 26 - Dec 19 6:15pm - 7:15pm	13yrs+	Elena V
no class DEC 26			
<b>Muscle Fusion Core 2</b> John Braithwaite Community Centre - Shoreline	Sep 26 - Dec 19 7:00pm - 8:00pm	13yrs+	Keara O
<b>Bootcamp 3</b> Ron Andrews Community Recreation Centre - Windsor Room	Sep 26 - Dec 19 6:15am - 7:15am	13yrs+	Andrenea T
No class Sep 5			
<b>Cardio 2 Dance</b> Mickey McDougall Community Recreation Centre - Performing Arts Studio	Sep 26 - Dec 19 7:00pm - 8:00pm	13yrs+	Fitness Instructor
<b>Exercise for Range of Motion Level 2</b> Karen Magnussen Community Recreation Centre - Games Pool	Oct 1 - Dec 26 10:00am - 11:00am	13yrs+	Fitness Instructor
<b>Aquafit Shallow</b> Karen Magnussen Community Recreation Centre - Wave Pool	Oct 3 - Dec 26 8:00am - 9:00am	15yrs+	Fitness Instructor
<b>Aquafit Shallow</b> Karen Magnussen Community Recreation Centre - Wave Pool	Oct 3 - Dec 26 9:00am - 10:00am	13yrs+	Fitness Instructor

## Friday

Class/Facility	Date/Time	Age	Instructor(s)
<b>Masters Swim 2</b> Ron Andrews Community Recreation Centre - Lane 1	Sep 20 - Dec 30 5:30am - 6:30am	13yrs+	David F
<b>Masters Swim 2</b> Harry Jerome Community Recreation Centre -	Sep 20 - Dec 30 6:00am - 7:00am	13yrs+	Khosro M

Lane 2			
<b>Cardiac Rehab Phase 3 &amp; 4</b> Memorial Community Recreation Centre - Capilano Room	Sep 20 - Dec 30 7:00am - 8:30am	30yrs+	Fitness Instructor
<b>Cardiac Rehab Phase 3 &amp; 4</b> Parkgate Community Centre - Fitness Centre	Sep 20 - Dec 30 7:30am - 8:30am	30yrs+	Fitness Instructor
NO CLASS SEPT 2			
<b>Cardiac Rehab Phase 3 &amp; 4</b> John Braithwaite Community Centre - Harbourview Room	Sep 20 - Dec 23 8:00am - 10:00am	30yrs+	Kerstin Y
Must have a Specialty Membership to Drop in			
<b>Circuit 1</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 20 - Dec 30 8:00am - 9:00am	50yrs+	Madeline M
<b>Masters Swim 1</b> Harry Jerome Community Recreation Centre - 4 Lanes	Sep 20 - Dec 30 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Masters Swim 2</b> Ron Andrews Community Recreation Centre - Lane 1	Sep 20 - Dec 30 10:00am - 11:00am	13yrs+	Fitness Instructor
<b>Circuit 1</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 20 - Dec 30 10:30am - 11:30am	50yrs+	Madeline M
<b>Cardiac Rehab Phase 3 &amp; 4</b> Ron Andrews Community Recreation Centre - Fitness Centre	Sep 20 - Dec 30 1:00pm - 2:15pm	50yrs+	Fitness Instructor
<b>Circuit 1</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 20 - Dec 30 1:30pm - 2:30pm	50yrs+	Colleen E
<b>Masters Swim 2</b> Delbrook Community Recreation Centre - 4 Lanes	Sep 20 - Dec 30 8:00am - 9:15am	yrs+	John M
<b>Movement &amp; Mobility 3</b>	Sep 20 - Dec 27 7:30am - 8:30am	35yrs+	Fitness Instructor
<b>Movement &amp; Mobility 3</b> Delbrook Community Recreation Centre - Arbutus Room	Sep 20 - Dec 27 7:30am - 8:30am	25yrs+	Barbara P
<b>Aquafit Shallow</b> Ron Andrews Community Recreation Centre - Tank Shallow A	Sep 20 - Dec 27 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Yoga Fusion</b> Delbrook Community Recreation Centre - Maple Room	Sep 20 - Dec 27 8:25am - 9:25am	13yrs+	Maureen D
<b>Cardio 3</b> Delbrook Community Recreation Centre - Gymnasium A and B North and South	Sep 20 - Dec 27 8:30am - 9:30am	13yrs+	Diana C
	Sep 20 - Dec 27	13yrs+	Ivana C

<b>Cardio 1</b> Parkgate Community Centre - Gymnasium Youth Quadrant	9:00am - 10:00am		
<b>Step</b> Parkgate Community Centre - Large Multi Purpose	Sep 20 - Dec 27 9:00am - 10:15am	yrs+	Elena V
(75 minutes)			
<b>Aquafit Shallow/Deep</b> Harry Jerome Community Recreation Centre - 4 Lanes	Sep 20 - Dec 27 9:05am - 10:05am	13yrs+	Fitness Instructor
<b>Cardio 2 \$2</b> John Braithwaite Community Centre - Shoreline	Sep 20 - Dec 27 9:15am - 10:15am	13yrs+	Christine C
no class Dec. 13 due to Seniors Christmas Lunch			
<b>Spin</b> Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 20 - Dec 27 9:15am - 10:15am	13yrs+	Fitness Instructor
Bring a towel and water bottle!			
<b>Stretch Flow \$2</b> Ron Andrews Community Recreation Centre - Windsor Room	Sep 20 - Dec 27 9:15am - 10:15am	50yrs+	Annie M
<b>Yoga Inspired Stretching</b>	Sep 20, 2019 - Mar 27, 2020 9:15am - 10:15am	13yrs+	Glenda S
Instructor might change, no classes on stat holidays			
<b>Cardio 1</b> Delbrook Community Recreation Centre - Ash Room	Sep 20 - Dec 27 9:45am - 10:45am	15yrs+	Louise P
Moved to Arbutus Room on Oct 4 due to other bookings.			
<b>Cardio 2</b>	Sep 20 - Dec 27 9:45am - 10:45am	13yrs+	Fitness Instructor
<b>Aquafit Deep</b> Delbrook Community Recreation Centre - 4 Lanes	Sep 20 - Dec 27 10:00am - 11:00am	15yrs+	Mary Jane P
<b>Circuit 1</b> Karen Magnussen Community Recreation Centre - Fitness Centre	Sep 20 - Dec 27 10:00am - 11:00am	50yrs+	Rose L
<b>Stretch Flow</b> Parkgate Community Centre - Gymnasium Quadrant D	Sep 20 - Dec 27 10:00am - 10:30am	50yrs+	Ivana C
(30 minutes)			
<b>Cardio 1</b>	Sep 20 - Dec 27	13yrs+	Ivana C

Parkgate Community Centre - Large Multi Purpose	10:30am - 11:30am		
<b>Movement and Mobility 1</b> Delbrook Community Recreation Centre - Arbutus Room	Sep 20 - Dec 27 11:00am - 12:00pm	50yrs+	Susan F
MOVED TO: Ash Room (Lower Floor) ON: Fri, Nov 8 to Dec 6 due to another room booking.			
<b>Yoga Fusion</b> Delbrook Community Recreation Centre - Maple Room	Sep 20 - Dec 27 12:00pm - 12:45pm	13yrs+	Paula A
<b>Cardio 2 Dance</b> Memorial Community Recreation Centre - Gymnasium	Sep 20 - Dec 27 12:10pm - 12:50pm	13yrs+	Sally D
<b>Muscle Fusion 2</b> John Braithwaite Community Centre - Shoreline	Sep 20 - Dec 20 12:10pm - 12:50pm	13yrs+	Rhonda K.
No class on December 13 due to Seniors Christmas Lunch			
<b>Cardio 3</b> Mickey McDougall Community Recreation Centre - Gymnasium A West	Sep 20 - Dec 27 5:10pm - 6:20pm	13yrs+	Fitness Instructor
<b>Spin</b> Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 20 - Dec 27 5:30pm - 6:15pm	13yrs+	Fitness Instructor
Bring a towel and water bottle!			
<b>Yoga Fusion</b> Delbrook Community Recreation Centre - Maple Room	Sep 20 - Dec 27 5:30pm - 6:30pm	13yrs+	Mehrnoush A
<b>Stretch Flow</b> Ron Andrews Community Recreation Centre - Windsor Room	Sep 20 - Dec 27 6:45pm - 7:45pm	13yrs+	Rio C.
<b>Exercise for Range of Motion Level 1</b> Karen Magnussen Community Recreation Centre - Games Pool	Sep 30 - Dec 30 10:30am - 11:30am	30yrs+	Fitness Instructor
<b>Aquafit Shallow</b> Karen Magnussen Community Recreation Centre - Wave Pool	Oct 4 - Dec 27 8:00am - 9:00am	13yrs+	Fitness Instructor
<b>Cardiac Rehab Phase 3 &amp; 4</b> John Braithwaite Community Centre - Harbourview Room	Jan 3 - Mar 30, 2020 8:00am - 10:00am	30yrs+	Kerstin Y
Must have a Specialty Membership to Drop in			
<b>Muscle Fusion 2</b> John Braithwaite Community Centre - Shoreline	January 3, 2020 12:10pm - 12:50pm	13yrs+	Rhonda K.

Saturday

Class/Facility	Date/Time	Age	Instructor(s)
<b>Spin</b> Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 21 - Dec 28 8:00am - 9:00am	13yrs+	Fitness Instructor
Bring a towel and water bottle!			
<b>Step</b> John Braithwaite Community Centre - Shoreline	Sep 21 - Dec 28 8:15am - 9:30am	yrs+	Sally D
<b>Cardio 1</b> Memorial Community Recreation Centre - Capilano Room	Sep 21 - Dec 28 9:00am - 10:00am	13yrs+	Fitness Instructor
Sept 14 & Nov 16 class cancelled			
<b>Cardio 2</b> Memorial Community Recreation Centre - Gymnasium	Sep 21 - Dec 28 9:00am - 10:00am	13yrs+	Diana C
No class Sept 14			
<b>Cardio 3</b> Mickey McDougall Community Recreation Centre - Gymnasium A West	Sep 21 - Dec 28 9:00am - 10:15am	13yrs+	Fitness Instructor
<b>Circuit 2</b> Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 21 - Dec 28 9:00am - 10:00am	13yrs+	Fitness Instructor
<b>Muscle Core Fusion 2</b> Parkgate Community Centre - Large Multi Purpose	Sep 21 - Dec 28 9:00am - 10:15am	13yrs+	Fitness Instructor
NO CLASS SEPT 7, Parkgate Community Days			
<b>Spin</b> Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 21 - Dec 28 9:30am - 10:30am	13yrs+	Louis B
Bring a towel and water bottle!			
<b>Muscle Core Fusion 2</b> John Braithwaite Community Centre - Shoreline	Sep 21 - Dec 28 9:35am - 10:35am	13yrs+	Sally D
<b>Zumba Workout \$2</b> Memorial Community Recreation Centre - Gymnasium	Sep 21 - Dec 28 10:15am - 11:15am	13yrs+	Fitness Instructor
No class Sept 14			
<b>Stretch Flow</b> John Braithwaite Community Centre - Shoreline	Sep 21 - Dec 28 10:45am - 11:45am	13yrs+	Sally D
<b>Bootcamp</b>	Sep 21, 2019 - Jun 27, 2020 11:15am - 12:30pm	13yrs+	Christine Cameron Poole



No classes on Stat holiday weekends

### Cardio 1 \$2 Women Only

Memorial Community Recreation Centre - Capilano Room

Sep 21 - Dec 28  
11:30am - 12:30pm

13yrs+

Fitness Instructor

Sept 14 & Nov 16 class cancelled

### Aquafit Deep

Ron Andrews Community Recreation Centre - Tank Deep B

Sep 21 - Dec 21  
4:30pm - 5:30pm

13yrs+

Fitness Instructor

### Bootcamp 3

Parkgate Community Centre - Gymnasium

Sep 21 - Dec 28  
8:30am - 9:45am

13yrs+

Fitness Instructor

75 minutes, NO CLASS SEPT 7, Parkgate Community Days, No Class DEC 7, Breakfast with Santa

### Aquafit Shallow

Karen Magnussen Community Recreation Centre - Wave Pool

Sep 28 - Dec 28  
8:00am - 9:00am

13yrs+

Fitness Instructor

### Bootcamp 3

Parkgate Community Centre - Gymnasium

Sep 5 - Dec 19,  
2020  
8:30am - 9:45am

13yrs+

Fitness Instructor

75 minutes,

## Sunday

Class/Facility

Date/Time

Age

Instructor(s)

### Cardio 1

Parkgate Community Centre - Large Multi Purpose

Sep 22 - Dec 29  
9:00am - 10:15am

13yrs+

Lian Z.

75 minutes

### Cardio 2

Ron Andrews Community Recreation Centre - Windsor Room

Sep 22 - Dec 29  
9:15am - 10:15am

13yrs+

Sally D

### Yoga Fusion

Delbrook Community Recreation Centre - Ash Room

Sep 22 - Dec 29  
9:30am - 10:30am

13yrs+

Glenda S

### Muscle Core Fusion 2

Memorial Community Recreation Centre - Gymnasium

Sep 22 - Dec 29  
9:00am - 10:15am

13yrs+

Fitness Instructor

851 W Queens Rd. North Vancouver BC, V7N 4E3

P. 604.987.7529 [www.nvrc.ca](http://www.nvrc.ca)

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