

GROUP FITNESS SCHEDULE

Time	Mon	Tue	Wed	Thu	Fri	Sat
8 - 9 a.m.	Morning Energizer SAC Activity Room Davida W.	Forever Fit SAC Activity Room Ryan K.	Morning Energizer SAC Activity Room Davida W.	Forever Fit SAC Activity Room Ryan K.	Forever Fit SAC Activity Room	
	Stay Fit For Men Dance/Fitness Studio 8:15 - 9:15 a.m. Palo J.		Stay Fit For Men Dance/Fitness Studio 8:15 - 9:15 a.m. Palo J.		Stay Fit For Women Dance/Fitness Studio 8:15 - 9:15 a.m. Palo J.	
9 - 10:15 a.m.	Strength Circuit Lily Lee Spirit Room Lyndsay W.	Small Group Training Arbutus Studio Lyndsay W.	20/20/20 SAC Activity Room 9:15 - 10:15 a.m. Jim M.	Hatha Yoga Ocean Room Sandi S.	20/20/20 SAC Activity Room 9:15 - 10:15 a.m. Wendy	Weekend Warrior Yoga SAC Activity Room 9 - 10 a.m. Sarah N.
	20/20/20 SAC Activity Room 9:15 - 10:15 a.m. Jim M.	Hatha Movement Yoga SAC Activity Room 9:20 - 10:20 a.m. Sara N.		Chair Pilates Arbutus Studio 9 - 10 a.m.		
10:30 - 11:45 a.m.			Standing Strength and Balance Ocean Room 10:30 - 11:30 a.m. Sharon S.	Chair Yoga Ocean Room Youhi R.	Restorative Flow Yoga Ocean Room 10:30 - 11:30 a.m. Kelly L.	20/20/20 SAC Activity Room 10:30 - 11:30 a.m. Sarah S.
	Pilates All Levels Dance/Fitness Studio 10:45 - 11:45 a.m. Penny S.		Yoga Movement SAC Activity Room 10:30 - 11:30 a.m. Kelly L.		Pilates All Levels Dance/Fitness Studio 10:45 - 11:45 a.m. Penny S.	
12 - 1 p.m.		Chair Yoga Ocean Room 11:45 a.m. - 1 p.m. Youhi R.		Chair Yoga Ocean Room 12 - 1:15 p.m. Youhi R.	Standing Strength and Balance Lily Lee Spirit Room 11:45 a.m. - 12:55 p.m. Sharon S.	
1:15 - 2:15 p.m.	Osteofit Dance/Fitness Studio 1 - 2 p.m. Sarah S.	Chairobics Dance/Fitness Studio 2:15 - 3:15 p.m. Sarah S.		Chairobics Dance/Fitness Studio 2:15 - 3:15 p.m. Sarah S.		
				Osteofit Dance/Fitness Studio 1 - 2 p.m. Sarah S.		
3:30 - 4:45 p.m.	Chair Yoga Movement and Balance Ocean Room Youhi R.					
5 - 6 p.m.	20/20/20 Dance/Fitness Studio Ryan K.		Pelvic Floor and Core Strength Dance/Fitness Studio Sarah S.			
	Yoga Beginner Ocean Room 5 - 6:15 p.m. Youhi R.		Therapeutic Yoga Ocean Room Priscille L.			

West Vancouver Community Centre
 Seniors' Activity Centre

SAC GROUP FITNESS PROGRAMS

20/20/20

Enjoy a well-balanced class starting with 20 minutes of cardio activity, followed by 20 minutes of muscle toning, and finishing with 20 minutes of stretch to lengthen and relax your muscles.

Chair Pilates

New to Pilates and unable to go down to the floor? Enjoy traditional Pilates exercises that are modified for sitting! Focus on breathing, posture, and alignment, then finish with a stretch.

Chair Yoga

Enjoy slow, gentle movements as you stretch your body and improve your range of motion! Perform modified yoga exercises from the comfort of your chair.

Chair Yoga Movement and Balance

Improve your mobility, posture, alignment, and balance with some standing postures.

Chairobics

Keep up your fitness in this exercise class done from the comfort of your chair. Start with a 15-minute warm up, followed by exercises using resistance bands, and finishing with mobility work and a stretch.

Forever Fit

Are you looking for a challenging, energetic workout? Join us for an active warm up and an easy-to-follow cardiovascular workout, followed by muscular strength and conditioning exercises for your whole body. Conclude with a stretch.

Hatha Movement Yoga

Enjoy a moderately paced flow class to help you feel centred, focused, and restored. Postures encourage alignment, flexibility, and gentle movement.

Hatha Yoga

Engage in a deep stretch while improving your posture, balance, and strength with a moderate, full-body routine. Finish with a savasana stretch.

Morning Energizer

Kickstart your morning with this high-movement, low-impact cardio class followed by strength and stretch exercises.

Osteofit

Do you live with osteoporosis? Improve strength, posture, balance, and agility in a gentle exercise class that focuses on proper technique and spine stability through safe and simple movements.

Pelvic Floor and Core Strength

Learn how to retrain the mind-to-core connection by using the most current research on strengthening the pelvic floor and core muscles! This class helps women suffering from Stress Urinary Incontinence (SUI) and lower back pain; also suitable for women with Diastasis Recti.

Pilates All Levels

Move more efficiently, improve your posture, and develop a physical awareness that can relieve tension, build strength, and energize you.

Restorative Flow Yoga

Enjoy a combination of breathwork and relaxing restorative postures! Restorative flow yoga is a slow-paced gentle movement class that relaxes and refreshes the body.

Small Group Training

Get your heart pumping and your body moving with this low-intensity small group class done at your own pace. Engage in guided warm-ups, cardio, and strength exercises.

Standing Strength and Balance

Enjoy a full-body fitness class that doesn't involve floor exercises. Start with a gentle warm-up and cardio to get your heart rate up, then move on to balance work and resistance training using body weight and exercise bands. Finish with a stretch.

Stay Fit for Men

Stay fit in a fun, yet mild exercise program for men! Begin with a warm-up, then engage

in a modified, low-intensity cardio segment, and finish with a cool down.

Stay Fit for Women

Stay fit in a fun, yet mild exercise program for women! Begin with a warm-up, followed by a low-intensity cardio segment, strength exercises, and finish with a cool down.

Strength and Stretch

Enjoy a total body fitness class starting with a gentle warm-up, then cardio to get your heart rate up, and move on to balance work and resistance training using body weight, exercise bands, and floor exercises. Finish with a stretch.

Strength Circuit

This Muscular Endurance Training (MET) class focuses on high repetitions of resistance exercises using weights, bands, and more.

Therapeutic Yoga

Relaxation and rejuvenation await you in this gentle and nurturing practice. This class uses a holistic approach to enhance your physical, mental, and emotional well-being. If you're looking to reduce stiffness while encouraging inner calm and tranquility, this is the class for you!

Weekend Warrior Yoga

Enjoy a moderately challenging yoga-fitness class designed to increase strength, stretch tight muscles, leave you feeling revitalized. This class incorporates light weight training along with traditional yoga practices.

Yoga Beginner

Learn the basic postures and principles of alignment and breathing in a safe, welcoming environment.

Yoga Movement

Movement is essential to healing! Enjoy smooth, full-body movements in a dynamic, stress-free environment to feel refreshed, nourished, and revitalized. Ease discomfort in your feet, ankles, knees, hips, back, and neck with yoga postures.