

TROUT LAKE FITNESS CENTRE



HOURS OF OPERATION

Monday to Friday 6:00 am-10:00 pm
 Weekends 8:00 am-5:00 pm
 September 4 closed
 December 24 & December 31 . . . 8:00 am-4:00 pm
 December 25 & January 1 10:00 am-4:00 pm
 December 26 6:00 am-4:00 pm

Your hub for Community Fitness

Fitness Centre Consultations

Let us help you reach your fitness goals. Whether you need instruction, motivation, or support; our highly trained staff are here to help you succeed. Enlist one of our staff to get you started with an introductory fitness program. Please call ahead 604-257-6975 or come in person to make an appointment for a fitness consultation. Participants under the age of 18 must fill out a par q+ form and have consent and release form signed by their parent or guardian.

RATES & FEES

	Adults (19-64)	Seniors (65+) Youth (13-18)
Drop in	\$6.30	\$4.50
10 Visit Pass	\$50.20	\$35.90
See vancouver.ca/parks-recreation for more info. Fees include GST.		

The Flexipass Membership

Enjoy flexible and affordable recreation with our no contract all access pass. Purchase a monthly Flexipass at any Park Board fitness centre and receive unlimited access to our 15 fitness centres, 9 indoor pools, 4 outdoor pools and 8 ice rinks. For more information and locations, visit vancouverparks.ca.

	Monthly Flexipass Adult	Seniors/Youth
1 month	\$48.50	\$33.95
3 months	\$128.60	\$90.00
12 months	\$409.85	\$286.90
See vancouver.ca/parks-recreation for more info. Fees include GST.		

Our Fitness Centre includes:

- 5 Treadmills
- 3 Cross Trainers
- 2 Recumbent Bikes
- 2 Upright Bikes
- 2 Conc-E Rowers
- 2 Cybex Arc Trainers
- 20 Keiser M3 Bikes
- 1 Cable Motion Adjustable Pulley
- 1 Seated Leg Curl
- 1 Assisted Dip/chin
- 1 Row/Rear Delt
- 1 Cable Motion Shoulder Press
- 1 Cable Motion Chest Press
- 1 Pec Fly/Rear Deltoid
- 1 Cable Motion Row
- 1 Cable Motion Pull Down
- 2 Hammer Strength Half Racks
- Free Weights
- 1 Smith Machine
- 1 Back Extension
- 3 Kinesis Machines
- 2 FLEXibility Stretching Machines
- 1 Shuttle MVP Pro
- Training Room
- Steam Room

PERSONAL TRAINING

Improve your health and wellness with support from our qualified and experienced personal trainers.

Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule.

Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate and support you in each 1 hour session.

(Includes GST)	Private	Semi-Private	Small Group
1 session	\$52.22	\$78.29	\$114.24
3 sessions	\$140.52	\$210.83	\$306.00
5 sessions	\$234.98	\$365.84	\$448.80
10 sessions	\$433.50	\$678.75	\$816.00

GROUP PERSONAL TRAINING

FOR AS LOW AS \$20 PER SESSION*

Try out our small group personal training and enjoy the same intimate coaching experience as a personal training session but at a reduced cost.

A small group can include you and 2-3 of your friends/family members which can be very powerful in helping you stay on track when trying to attain your fitness goals.

Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition!


***Individual cost based on the purchase of 10 sessions for a group of 4.**

Child Care
Go to page 8 for detailed information

INDOOR CYCLING

Sept 1 – Dec 22, 2017 No classes September 4, 2017

Indoor cycling is a motivating exercise class that uses high-performance Keiser indoor cycling- bicycles to burn calories, build muscle, and relieve stress.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am-7:00am Cycle Xpress <i>*No class Sept 4, Oct 9, Nov 13</i>			6:15am-7:00am Cycle Xpress		8:15am-9:15am Intro to Cycling	
9:30am-10:30am Cycle Fit	9:30am-10:30am Cycle Core	9:30am-10:30am Cycle Fit	9:30am-10:30am Cycle Core	9:30am-10:30am Cycle Fit	9:30am-10:30am Cycle Fit	9:30am-10:30am Cycle Fit
6:00pm-7:00pm Cycle Core	6:00pm-7:00pm Cycle Fit	6:00pm-7:00pm Cycle Core	6:00pm-7:00pm Cycle Fit	6:00pm-7:00pm Cycle Core <i>*No class Sept 1, Oct 6, Nov 10</i>		

Schedule is subject to change. Please call 604-257-6955 (4) to confirm or visit <http://vancouver.ca/parks-recreation-culture/indoor-cycling.aspx>

Intro to Cycling

This class is designed to introduce new participants to indoor cycling. This session includes instruction on how to set up your bike properly with 45 minutes of riding and a question and answer period at the end of the class.

Cycle Fit

60 minutes of indoor riding with a longer warm up and cool down.

Cycle Core

45 minutes of cycling, including the warm-up, followed by 15 minutes of core training (abs and back) and stretching.

Cycle Xpress

45 minutes of riding with quick warm up & cool down.

TWO WAYS TO RESERVE YOUR SEAT

Register for your favourite class for the whole season or call ahead and reserve your spot on a drop in basis.

Seasonal Registration Procedures: Register for your favourite class. There will be 12 of 25 bikes available to reserve. If you arrive late without calling ahead, your spot may be given to someone on the drop in wait list. Refund requests must be submitted within 24 hours of the completion of the 2nd scheduled class. No other refund requests will be considered without a doctor's note. You may only take the class you are registered in and classes are not transferable to another person. **Registration ends August 31, 2017**

Whole Season

*registered classes include GST

Drop in

Monday: 6:15am Cycle Xpress *No class Sept 4, Oct 9, Nov 13 #129969 Sept 11-Dec 18 \$65.26/13 sessions 9:30am Cycle Fit #129970 Sept 11-Dec 18 \$71.70/ 15 sessions 6:00pm Cycle Core #129971 Sept 11-Dec 18 \$71.70/ 15 sessions	Thursday: 6:15am Cycle Xpress #129979 Sept 7-Dec 21 \$80.32/ 16 sessions 9:30am Cycle Core #129981 Sept 7-Dec 21 \$80.32/ 16 sessions 6:00pm Cycle Fit #129982 Sept 7-Dec 21 \$80.32/ 16 sessions
Tuesday: 9:30am Cycle Core #129972 Sept 5-Dec 19 \$80.32/ 16 sessions 6:00pm Cycle Fit #129973 Sept 5-Dec 19 \$80.32/ 16 sessions	Friday: **No 6pm class on Oct 6 & Nov 10 9:30am Cycle Fit #129983 Sept 1-Dec 22 \$85.34/ 17 sessions 6:00pm Cycle Core #129984 Sept 8-Dec 22 \$70.28/14 sessions
Wednesday: 9:30am Cycle Fit #129975 Sept 6-Dec 20 \$80.32/ 16 sessions 6:00pm Cycle Core #129976 Sept 6-Dec 20 \$80.32/ 16 sessions	Saturday: 9:30am Cycle Fit #129985 Sept 2-Dec 23 \$85.34/ 17 sessions Sunday: 9:30am Cycle Fit #129986 Sept 3-Dec 17 \$80.32/ 16 sessions

\$6.30 for drop in or \$50.20 for 10 ticket* pass.

Drop in Reservation Procedures

1. Call 604.257.6955 (push #4) to reserve bike. Spots may not be reserved via voicemail.
2. Calls can be made 6:30am to 8:30pm Monday to Friday 8:00am to 3:30pm Saturday and Sunday.
3. Afternoon and evening classes call the day of by 6:30am.
4. Check in at the front desk 5 minutes prior to your class start time.
5. If you have not checked in 5 minutes prior to your class, your spot will be given away.
6. You may reserve a bike for you and one other person.
7. All paid participants will receive a numbered card that they must give to the instructor just before the start of the class.

*10 tickets may be used for all indoor cycling classes at Champlaine, Creekside, Dunbar, Hillcrest, Kitsilano and Trout Lake.

PARENT & CHILD

Fit 4 Two Stroller Bootcamp

Fit4Two Van East-Shanna

Intense baby-friendly in/outdoor workout includes strength, power, agility, cardio, core. **Must be 8+ weeks postpartum (exercising regularly for 6+ weeks). Yoga mat required. Drop in \$18.00**

www.fit4two.ca.

Tu Th, 10:00 AM-11:00 AM	Sep12-Sep28	\$96/6 sess
Grandview Room		118201
Tu Th, 10:00 AM-11:00 AM	Oct03-Oct31	\$144/9 sess
Grandview Room		118204
Tu Th, 10:00 AM-11:00 AM	Nov02-Nov30	\$144/9 sess
Grandview Room		118208
Tu Th, 10:00 AM-11:00 AM	Dec05-Dec21	\$96/6 sess
Grandview Room		118209

Fit 4 Two Stroller Fitness

Fit4Two Van East-Michelle

Mobile baby-friendly workout. OUTDOOR strength and cardio, INDOOR core and flexibility. **Must be 4+ weeks postpartum (6+ for caesareans). Yoga mat required. Drop in \$16.00**

W, 11:00 AM-12:00 PM	Sep13-Oct25	\$98/7 sess
Grandview Room		118211
W, 11:00 AM-12:00 PM	Nov01-Dec20	\$112/8 sess
Grandview Room		118212

Fit 4 Two Prenatal Barre

Fit4Two Van East-Shelley

Designed for pregnant women, Prenatal Barre focuses on strength, posture, core and flexibility. **A PARmed-X for Pregnancy Form must be signed by your healthcare provider (physician or midwife) prior to participation. Drop in \$18.00.**

W, 7:30 PM-8:30 PM	Sep13-Oct25	\$112/7 sess
Cedar Hall		118214
W, 7:30 PM-8:30 PM	Nov01-Dec20	\$128/8 sess
Cedar Hall		118215

Fit 4 Two Mom and Baby Barre

Fit4Two Van East-Danya

Designed for postpartum women. **Pre-mobile babies only please. Drop in \$16.00.**

Th, 1:00 PM-2:00 PM	Sep14-Oct26	\$98/7 sess
Cedar Hall		118216
Th, 1:00 PM-2:00 PM	Nov02-Dec21	\$112/8 sess
Cedar Hall		118218

FITNESS CLASSES

Fat Burner

Nancy A Renaud

Sculpt, chisel and tone in this total body conditioning class. **Drop in \$6.00. No class October 9 and November 13.**

M, 6:30 PM-7:30 PM	Sep11-Dec18	\$62/13 sess
Gymnasium		117313

Body Sculpting

Herb DaSilva

When you perform exercises with proper form and recommendations and directions, you raise your metabolic rate, tone the muscle, improve posture and increase your functional strength and endurance. **Drop in \$6.00.**

Tu, 6:00 PM-7:00 PM	Sep12-Dec19	\$72/15 sess
Gymnasium - North (2/3)		117310

Athletic Interval Training

Rayan Charlton

Using circuit and/or individual station, you will learn to monitor intensity and technique to individually tailor the workout for safety. Whether you choose high or moderate intensity, find out why these workouts are so popular. **Drop in \$6.00.**

W, 6:30 PM-7:30 PM	Sep13-Dec13	\$67/14 sess
Gymnasium		117311

Trout Lake Bootcamp

Herb DaSilva

A challenging, interval style cardio and muscle conditioning class with step sequences, plyometric exercises and weight training. **Drop in \$6.00 No class October 28 and November 11.**

Sa, 9:00 AM-10:00 AM	Sep16-Dec16	\$57/12 sess
Gymnasium		117315

Seniors Fun Fitness

Sharon Chan

This class is catered towards seniors but participants of all ages are welcome **No class October 9, November 13. Drop in \$3.50.**

M, 11:00 AM-12:00 PM	Sep11-Dec18	\$30/10 tickets	13 sess
Cedar Hall			118121
W, 11:30 AM-12:30 PM	Sep13-Dec27	\$30/10 tickets	16 sess
Cedar Hall			118122
F, 11:00 AM-12:00 PM	Sep15-Dec15	\$30/10 tickets	16 sess
Cedar Hall			118127

FITNESS CENTRE

Cycle and Pilates

(13+ yrs)

Herb DaSilva

A 60 minute class that begins with 30 minutes of interval based cycling drills, followed by 30 minutes of core strengthening Pilates!

Tu, 7:15 PM-8:15 PM	Sep 5-Oct 24	\$80/8 sess
Fitness Centre / Elm Room		129413

Fit 4 Two - Mom and Baby Spin and Strength

(19+ yrs)

Fit4Two Van East

This class allows mom to spin AND tend to baby's needs. Intervals of hill climbs, speed work and endurance combined with muscular endurance work, postnatal specific core work and flexibility. **For women 4+ weeks postpartum (6 weeks for cesareans). Pre-mobile babies. No shoes with external cleats. Drop in \$16.00 (space permitting). www.fit4two.ca**

Tu, 11:30 AM-12:30 PM	Sep 12-Oct 31	\$112/8 sess
Fitness Centre		129390
Tu, 11:30 AM-12:30 PM	Nov 07-Dec 19	\$98/7 sess
Fitness Centre		129406
F, 10:45 AM-11:45 AM	Sep 15-Oct 27	\$98/7 sess
Fitness Centre		129407
F, 10:45 AM-11:45 AM	Nov 3-Dec 22	\$112/8 sess
Fitness Centre		129408

Kinesis

Julie Iverson

Kinesis, the Latin word for movement, is full body training that combines strength training with cardiovascular training as well as deriving balance and flexibility benefits. Using the new Kinesis machines in combination with functional training gives a great work out!

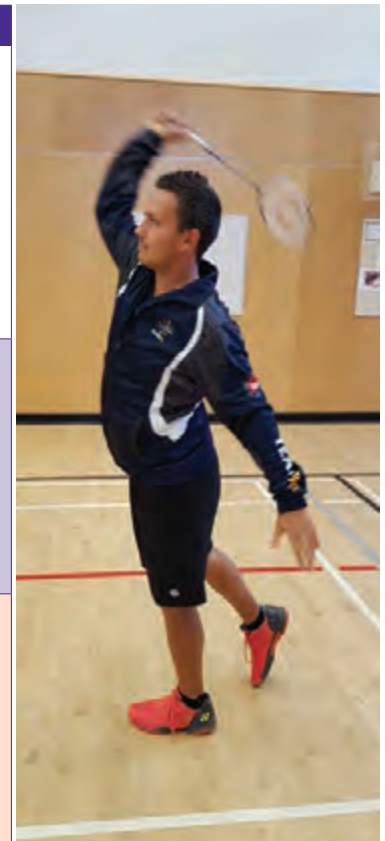
Th, 7:15 PM-8:15 PM	Sep 14-Oct 12	\$30/5 sess
Fitness Centre		129402
Th, 7:15 PM-8:15 PM	Oct 26-Nov 23	\$30/5 sess
Fitness Centre		129403

Child Care

Go to page 8 for detailed information

SPORTS SCHEDULE AND PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Sunday
	Table Tennis 9:30AM-12:00PM Sep 12-Dec 12 \$14/14 sess Gym - South 118251		Table Tennis 9:30AM-12:00PM Sep 14-Dec 14 \$14/14 sess Gym - South 118252	Volleyball Beg & Inter 3:00PM-4:45PM Sep 17-Dec 17 (No class Oct 8) \$60/14 sess Gym 117217
Pickleball 1:30PM-3:30PM Sep 11-Dec 11 (no class Oct 9 & Nov 13) \$26/13 sess Gym 118249	Older Adults Badminton 1:30PM-2:30PM Sep 12-Dec 12 \$28/14 sess Gym 118246	Pickleball 1:30PM-3:30PM Sep 13-Dec 13 \$28/14 sess Gym 118250	Older Adults Badminton 1:30PM-3:30PM Sep 14-Dec 14 \$28/14 sess Gym 118248	
Badminton 8:00PM-9:45PM Sep 11-Dec 18 (no class Oct 9) \$60/14 sess Gym 117208	Basketball 8:00PM-9:45PM Sep 12-Dec 19 \$64/15 sess Gym 117213	Indoor Soccer 8:00PM-9:45PM Sep 13-Dec 13 \$64/15 sess Gym 117215	Volleyball Recreational 8:00PM-9:45PM Sep 14-Dec 21 \$64/15 sess Gym 117216	



Charles loves to play badminton.

Adult Tennis

Wilson Tan

In 1.0-1.5, you will learn about basic skills and competencies to play tennis. In 2.0-2.5, You will learn better command of your tennis competencies & introduce strategic concepts. In 3.0, you will learn advanced strategic concepts.

1.0-1.5

Th, 6:30 PM-8:00 PM Sep 14-Oct 26 \$137/7 sess
Gymnasium 119644

2.0-2.5

Th, 6:30 PM-8:00 PM Sep 14-Oct 26 \$136.50/7 sess
Gymnasium 119646

3.0

Tu, 5:45 PM-7:45 PM Sep 05-Oct 24 \$208.01/8 sess
Outside - Tennis Court 129478

Th, 6:30 PM-8:00 PM Nov 02-Dec 07 \$117/6 sess
Gymnasium 119645



Come rally with Wilson in our adult tennis lessons.

Morning/Afternoon Sport Drop-In Procedures

1. \$2.00/\$3.00 for Drop in
2. First priority of play is given for those who are registered.
3. Participants will be placed onto a list at 9:00am/1:00pm.
4. Registered participants have until 9:45am/1:45pm to check-in.

Evening Sport Drop-In Procedures

1. \$5.00 for Drop in
2. First priority of play is given for those who are registered.
3. Participants will be placed onto a list at 7:00pm.
4. Registered participants have until 8:15pm to check-in.