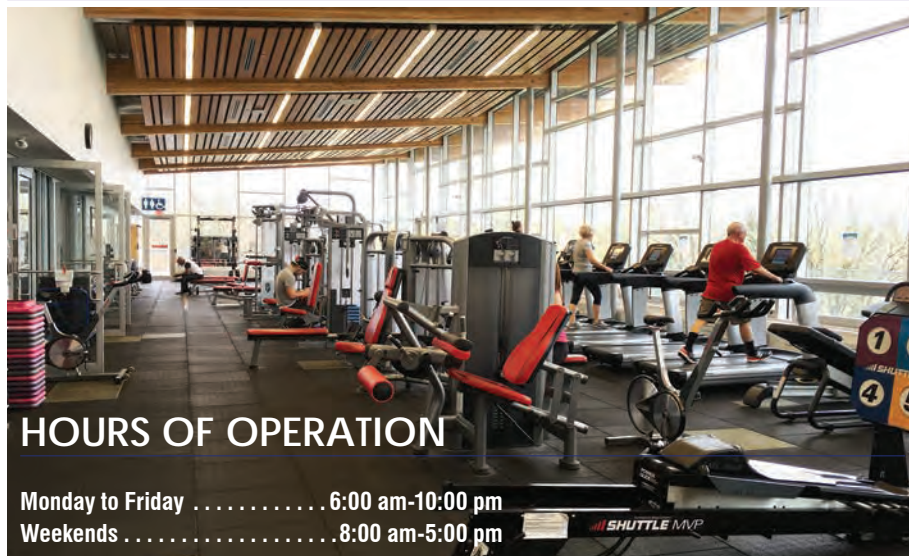


## TROUT LAKE FITNESS CENTRE



### HOURS OF OPERATION

Monday to Friday . . . . . 6:00 am-10:00 pm  
Weekends . . . . . 8:00 am-5:00 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.

### 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

## RATES & FEES

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

## 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

January 1-March 31, 2018

**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 <b>Cycle Xpress</b> <i>*No class Feb 12</i>			6:15am-7:00am <b>Cycle Xpress</b>		8:15am-9:15am <b>Intro to Cycling</b>	
9:30am-10:30am <b>Cycle Fit</b>	9:30am-10:30am <b>Cycle Core</b>	9:30am-10:30am <b>Cycle Fit</b>	9:30am-10:30am <b>Cycle Core</b>	9:30am-10:30am <b>Cycle Fit</b>	9:30am-10:30am <b>Cycle Fit</b>	9:30am-10:30am <b>Cycle Fit</b>
6:00pm-7:00pm <b>Cycle Core</b>	6:00pm-7:00pm <b>Cycle Fit</b>	6:00pm-7:00pm <b>Cycle Core</b>	6:00pm-7:00pm <b>Cycle Fit</b>	6:00pm-7:00pm <b>Cycle Core</b> <i>*No class Mar 23</i>		

Schedule is subject to change. Please call 604-257-6955 (1) 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 Dec 28, 2017**

### Whole Season

\*registered classes include GST

### Drop in

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

#### Drop in Reservation Procedures

1. Call 604.257.6955 (push #1) 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 Champlain, Creekside, Dunbar, Hillcrest, Kitsilano and Trout Lake.

#### Monday:

6:15am Cycle Xpress \*\*No 6:15am class Feb 12

#114918 Jan 8 – Mar 26 \$55.22/11 sessions

9:30am Cycle Fit

#144921 Jan 8 – Mar 26 \$60.24/ 12 sessions

6:00pm Cycle Core

#144955 Jan 8 – Mar 26 \$60.24/ 12 sessions

#### Tuesday:

9:30am Cycle Core

#144956 Jan 2 – Mar 27 \$65.26/ 13 sessions

6:00pm Cycle Fit

#144957 Jan 2 – Mar 27 \$65.26/ 13 sessions

#### Wednesday:

9:30am Cycle Fit

#144958 Jan 3 – Mar 28 \$65.25/ 13 sessions

6:00pm Cycle Core

#144959 Jan 3 – Mar 28 \$65.25/ 13 sessions

#### Thursday:

6:15am Cycle Xpress

#144968 Jan 4 – Mar 29 \$65.26/ 13 sessions

9:30am Cycle Core

#144964 Jan 4 – Mar 29 \$65.26/ 13 sessions

6:00pm Cycle Fit

#144962 Jan 4 – Mar 29 \$65.26/ 13 sessions

#### Friday: \*\*No 6pm class Mar 23

9:30am Cycle Fit

#144964 Jan 5 – Mar 30 \$65.26/ 13 sessions

6:00pm Cycle Core

#144969 Jan 5 – Mar 30 \$60.24/ 12 sessions

#### Saturday:

9:30am Cycle Fit

#144965 Jan 6 – Mar 31 \$65.26/ 13 sessions

#### Sunday:

9:30am Cycle Fit

#144966 Jan 7 – Mar 25 \$60.24/ 12 sessions

## 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	Jan02-Jan30	\$144/9 sess
Grandview Room		137348
Tu Th, 10:00 AM-11:00 AM	Feb01-Feb27	\$128/8 sess
Grandview Room		137349
Tu Th, 10:00 AM-11:00 AM	Mar01-Mar29	\$144/9 sess
Grandview Room		137350

### Fit 4 Two Stroller Fitness

#### Fit4Two Van East-Liz

Mobile baby-friendly workout, all fitness levels. 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	Jan03-Feb14	\$98/7 sess
Grandview Room		137352
W, 11:00 AM-12:00 PM	Feb21-Mar28	\$84/6 sess
Grandview Room		137353

### Fit 4 Two Prenatal Fitness

#### Fit4Two Van East - Danya

Your certified pre and postnatal fitness specialists will lead you through pregnancy—safe cardiovascular exercise, functional strength training, flexibility and relaxation **Drop-in \$18.00**

W, 7:30 PM-8:30 PM	Jan03-Feb14	\$112/7 sess
Cedar Hall		137346
W, 7:30 PM-8:30 PM	Feb21-Mar28	\$96/6 sess
Cedar Hall		137347

### Fit 4 Two Mom and Baby Barre

#### Fit4Two Van East - Danya

Designed specifically for postpartum women, focuses on posture, core strength and flexibility. Inspired by a blend of dance, strength training, pilates and yoga, barre style classes use the ballet bar and a variety of equipment. The results a long, lean strong body. **Pre-mobile babies only please. Drop-in \$16.00 (space permitting). www.fit4two.ca.**

Th, 1:00 PM-2:00 PM	Jan11-Mar15	\$140/10 sess
Cedar Hall		137345

## FITNESS CLASSES

### Fat Burner

#### Nancy A Renaud

Sculpt, chisel and tone in this total body conditioning class. **Drop in \$6.00. No class February 12.**

M, 6:30 PM-7:30 PM	Jan08-Mar12	\$43/9 sess
Gymnasium - Trout Lake		131977

### Body Sculpting

#### Herb DaSilva

These exercises 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	Jan09-Mar13	\$48/10 sess
Gymnasium - North (2/3)		137301

### Athletic Interval Training

#### Rayan Charlton

You will learn to monitor intensity and technique to individually tailor the workout for safety. **Drop-in \$6.00.**

W, 6:30 PM-7:30 PM	Jan10-Mar14	\$48/10 sess
Gymnasium - Trout Lake		131975

### 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**

Sa, 9:00 AM-10:00 AM	Jan13-Mar17	\$48/10 sess
Gymnasium - Trout Lake		131986



Join Rayan Wednesday Nights.

## FITNESS CENTRE

### Kinesis

#### Julie

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	Jan 11-Feb 8	\$30/5 sess
Fitness Centre		143770
Th, 7:15 PM-8:15 PM	Feb 22-Mar 22	\$30/5 sess
Fitness Centre		143772

### Cycle and Pilates

(13+ yrs)

#### Herb

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	Feb 6-Mar 27	\$80/8 sess
Fitness Centre / Elm Room		145224

### 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 caesareans).Pre-mobile babies. No shoes with external cleats. Drop -in \$16.00 (space permitting). www.fit4two.ca**

Tu, 11:30 AM-12:30 PM	Jan 2-Feb 6	\$84/6 sess
Fitness Centre		144064
Tu, 11:30 AM-12:30 PM	Feb 13-Mar 27	\$98/7 sess
Fitness Centre		144067
F, 11:15 AM-12:15 PM	Jan 5-Feb 9	\$84/6 sess
Fitness Centre		144068
F, 11:15 AM-12:15 PM	Feb 16-Mar 30	\$98/7 sess
Fitness Centre		144069

### Child Care

Go to page 8 for detailed information

## SPORTS SCHEDULE AND PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Sunday
	<b>Table Tennis</b> 9:30AM-12:00PM Jan 9-Mar 13 \$11/11 sess Gym - South 137255		<b>Table Tennis</b> 9:30AM-12:00PM Jan 11-Mar 15 \$11/11 sess Gym - South 13257	<b>Volleyball Beg &amp; Inter</b> 3:00PM-4:45PM Jan 7-Mar 18 (No class Feb 11) \$43/10 sess Gym 132031
<b>Pickleball</b> 1:30PM-3:30PM Jan 8-Mar 19 (no class Feb 12) \$20/10 sess Gym 132040	<b>Older Adults Badminton</b> 1:30PM-3:30PM Jan 9-Mar 20 \$22/11 sess Gym 132046	<b>Pickleball</b> 1:30PM-3:30PM Jan 10-Mar 2 \$22/11 sess Gym 132044	<b>Older Adults Badminton</b> 1:30PM-3:30PM Jan 11-Mar 22 \$22/11 sess Gym 132049	
<b>Badminton</b> 8:00PM-9:45PM Jan 8-Mar 19 (no class Feb 12) \$43/10 sess Gym 132037	<b>Basketball</b> 8:00PM-9:45PM Jan 9-Mar 20 \$47/11 sess Gym 132019	<b>Indoor Soccer</b> 8:00PM-9:45PM Jan 10-Mar 21 \$47/11 sess Gym 132021	<b>Volleyball Recreational</b> 8:00PM-9:45PM Jan 11-Mar 22 \$47/11 sess Gym 132034	



TLCC creates champions.

### Adult Tennis

#### Wilson Tan

Our programs take Progressive Tennis in an open skills environment, allowing development important to improving your tennis. **The program upholds our values that are Character, Conditioning and Competency.**

#### Level 1.0-1.5

You will learn about basic skills and competencies to play tennis.

Th,6:15 PM-7:45 PM Jan11-Mar15 \$165/10 sess  
Gymnasium - Trout Lake 137276

#### Level 2.0-2.5

You will learn better command of your tennis competencies & introduce strategic concepts.

Th,6:15 PM-7:45 PM Jan11-Mar15 \$165/10 sess  
Gymnasium - Trout Lake 137277

### Sun Run Clinics

#### SportMed BC

Whether you're a runner or a walker of any ability level, a Sun Run InTraining clinic can help you reach your fitness goal in a safe and supportive environment. The 13-week InTraining programs designed by SportMedBC gradually build strength and stamina and focus on improving your overall health and fitness while staying injury free. **Youth participants ages 13-16 must be accompanied by an adult.**

#### Walk10K

M,6:30 PM-8:30 PM Jan22-Apr16 \$158/13 sess  
Willow Room 133550

#### LearnToRun10K

M,6:30 PM-8:30 PM Jan22-Apr16 \$158/13 sess  
Willow Room 133548

#### Run10KStronger

M,6:30 PM-8:30 PM Jan22-Apr16 \$158/13 sess  
Willow Room 133549

### 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.