



West Vancouver Community Services  
Health and Fitness  
*Group Exercise*

### Schedules and Program Information

For class schedules, locations or program information please visit our website at: [www.westvancouver.ca](http://www.westvancouver.ca). You can also pick up a West Vancouver Community Services Leisure Guide from any of our locations:

- West Vancouver Aquatic Centre
- West Vancouver Health & Fitness Studio
- Gleneagles Community Centre

### Membership Fitness Schedule

For your convenience, our Membership Fitness schedule is updated daily with class and/or instructor changes. Check out our website for the latest class schedule, class instructors, class locations and class formats!

- Go to: [Go to www.westvancouver.ca](http://www.westvancouver.ca)
- Click on **Health & Recreation**
- Click on **Health & Fitness**
- Click on **Fitness Schedule**
- Click on either **Microsoft Word format** or **PDF format**

## Health and Fitness

*Building personal and community health*

### West Vancouver Aquatic Centre

2121 Marine Drive, West Vancouver, BC V7V 4Y2  
Tel: 604-925-7210

### West Vancouver Health & Fitness Studio

2228 Marine Drive, West Vancouver, BC V7V 1K4  
Tel: 604-913-2704

### Gleneagles Community Centre

6262 Marine Drive, West Vancouver, BC V7W 2S5  
Tel: 604-921-2100

### The Future West Vancouver Community Centre

The spectacular new West Vancouver Community Centre is scheduled to open in Fall 2008 and will feature beautiful new spaces for all of our programs! Thank you for your patience and cooperation during construction.

*Building personal and community health*

# Health and Fitness

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## There's Something for Everyone

West Vancouver Community Services is committed to providing you with a safe workout and a fun, social environment in which to reach your fitness goals. We offer a wide variety of group exercise classes taught by highly qualified fitness professionals at various times and locations throughout the day to accommodate diverse schedules.

There are two ways to get involved in group exercise classes: Membership Classes and Registered Program Classes.

## Membership Classes

If you enjoy working out in an instructor-led environment, you'll find something in our membership fitness schedule that's right for you. Over 55 classes run each week ranging from beginner to advanced levels. These programs are included in your Wave Membership and are also available on a drop-in basis. Registration is not required.



## Types of Membership Fitness Classes

### Strength Classes

Strength classes focus on improving muscle strength and endurance to promote better posture, stronger bones and general health. These classes often include weights and other equipment and are suitable for all fitness levels.

### Cardio Classes

Cardio classes include traditional aerobics, step classes and non-choreographed athletic classes for the athlete in you! Intensity levels range from class to class. Many of our cardio classes also include a short strength component for a well-rounded workout. Try a few and see which classes are right for you!

### Stretch Classes

Stretching and relaxation offers a great compliment to your fitness program, providing a stress reliever and a way to improve your overall health and flexibility. Both yoga inspired classes and traditional stretching classes are included in our membership fitness schedule.

### Aqua Classes

Splash into fitness with our aqua fitness classes at the Aquatic Center! Experience the benefits of this non-weight bearing form of exercise and choose from a variety of water workouts including cardio and strength classes offered in shallow or deep water, senior's classes and water running. A lifeguard is on duty for all water classes.

## Registered Program Classes

In addition to the array of membership fitness classes, we also offer a host of specialized registered programs. These registered programs run over the course of 6 – 14 weeks and are designed for those who are looking for a class to help meet their individual needs in a group setting. Most programs are progressive in nature and build on your ability. Through limited class sizes instructors are able to offer more personalized attention. Pre-registration is mandatory in order to participate in any of these programs.

Some of our registered programs include:

- Pilates Mat
- Yoga
- Spinning
- Group Weight Training
- Land Based Rehabilitation
- Water Based Rehabilitation (special registration requirement – please ask customer service staff)

*For more detailed information about our registered programs, please pick up a West Vancouver Community Services Leisure Guide or check out our website: [www.westvancouver.ca](http://www.westvancouver.ca)*

