

Fitness Centre & Aerobics

Program Coordinator: Bruce McLellan
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FITNESS CENTRE - Winter

MONDAY - FRIDAY	SATURDAY & SUNDAY	OUR BRIGHT 1200 SQUARE FOOT FACILITY INCLUDES:
6:15am - 9:30pm	9:00am - 5:00pm	<ul style="list-style-type: none"> • uprights bikes • recumbent bikes • stairmasters • apex machines • treadmills • elliptical trainers • concept II rower • free weights

GAMES ROOM SCHEDULE WINTER 2010

Valid Community Centre Membership required for all sessions*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TABLE TENNIS	9:00am - 2:30pm	9:00am - 2:30pm	9:00am - 2:30pm	9:00am - 2:30pm	9:00am - 12:00pm	Drop-in for all ages and families.	
YOUTH DROP-IN	Ages: 13-18 8:30-10:00pm	Ages: 13-18 8:30-10:00pm	Ages: 13-18 8:30-10:00pm	Ages: 13-18 8:30-10:00pm	Ages: 13-18 8:30-10:00pm		

AEROBICS SCHEDULE - Winter

Fitness Fees: Drop-in: \$3.50 | 10-strip tickets: \$28.00 | Aerobic Pass: \$30/month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ATHLETIC STEP 9:15am - 10:15am	CHOREO STEP 9:15am - 10:15am	HI.LO 9:15am - 10:15am	CHOREO STEP 9:15am - 10:15am	ATHLETIC STEP 9:15am - 10:15am

Riley Park Community Centre annual membership required: \$10/adult

RILEY PARK FITNESS CENTRE

Monday - Friday 6:15am - 9:30pm
Saturday & Sunday . . . 9:00am - 5:00pm

Specialized Fitness

ADULT | SPORT, HEALTH & FITNESS

Healthiest Winner



16+ years | Bruce McLellan

The Biggest Loser???? Not at Riley Park No humiliating weigh-in. No pressure. We provide a choice in safe mild intensity exercise choices. Swim some lengths, Go for a brisk walk do a light weight training circuit. Have questions? Ask your friendly Registered Kinesiologist who will be on-site to help you out. Want to work out before work? We're here! After work? You guessed it!

M W F 4:00 PM-6:00 PM Jan 4-Apr 23 \$112.00/3 month session 44424.102RP
M W F 6:15 AM-8:15 AM Jan 4-Apr 23 \$112.00/3 month session 44424.101RP

Osteofit

21+ years | Gail DiBernardo

Osteofit improves bone health, posture, strength, endurance, and decreases the risk of falls. The net result is increased confidence and independence! The program aims to help reach fitness goals while respecting the limitations of each participant. Osteofit instructors receive specialized training in a course designed by researchers and clinical specialists from BC Women's Osteoporosis Program. Osteofit reflects best-practices based on the latest research.

Tu Th 6:00 PM-7:00 PM Jan 12 - Apr 1 \$98.00/20sessions 44410.401RP

Drop In Aerobics

All classes will use tubing and weights to enhance your workout experience

Athletic Step

A basic step class with easy to follow patterns. Your instructor will demonstrate more challenging moves for those looking for a higher intensity workout.

ChoreoStep

More challenging Step patterns, important in improvement of balance and coordination.

Hi/Lo

Exercise at your own pace with high and low impact fitness moves

The Metabolic Syndrome Program



Join in this new medically-based Healthy Lifestyle program to lower your risk for heart disease and diabetes.

A staff team based out of St. Paul's Hospital; consisting of a nurse, exercise specialist, dietician and physician, help people to lower their risk factors for Metabolic Syndrome (a cluster of symptoms: waist or "belly fat", high blood pressure, high blood sugar and/or cholesterol. Our specialty health team supports you towards making lifestyle changes in exercise, healthy eating, body weight, motivation and more. Please call the St. Paul's Hospital Healthy Heart Program @ 604 806-9813 for further information and community centre locations.