

# Group Fitness Schedule



**Total Body Conditioning (TBCs)** - A strength and endurance class to change all muscle groups using hand weights, resistance bands, and other equipment. TBC includes a portion of low impact cardio

- TBC & Stretch      Wednesdays    9:00am – 10:00am
- Gentle TBC          Fridays            9:00am – 10:00am
- TBC                    Fridays            10:30am – 11:30am
- TBC                    Saturdays        9:15am – 10:30am

**Mild/Moderate Cardio** - A well-rounded, low impact workout that is easy to follow. Work the major muscle groups safely using weights and/ or resistance bands

- Cardio Combo      Mondays         9:00am – 10:00am
- Cardio&Strength   Thursdays     7:30pm – 8:30pm

**Gentle Fits** - Strengthen and build, then relax those muscles while you enjoy a workout designed especially for seniors.

- Mild/Mod Low Impact      Tuesday/Thursday 10:30am – 11:30am
- Gentle fit Adv.      Wednesday        10:30am – 11:30am
- Mild/Mod Low Impact      Saturdays         10:00am – 11:00am

**Zumba** - Classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating.

- Zumba                Mondays         5:30pm – 6:30pm
- Zumba                Wednesdays    5:30pm – 6:30pm
- Zumba                Saturdays        9:30am – 10:30am

**Zumba Toning** - Similar to above but includes resistance training (using weights) which focuses the workout on specific muscle groups

- Zumba Toning      Tuesdays        6:30pm – 7:30pm
- Zumba Toning      Thursdays      12:00pm – 1:00pm
- Zumba Flexibility   Fridays            12:00pm – 1:00pm

**High Cardio** – These classes offer high intensity options for you to maintain a high cardio

- Step Class            Mondays         1:00pm – 2:00pm
- Step Class            Tuesdays      11:45am – 12:45pm
- Step Class            Wednesdays    1:00pm – 2:00pm
- Step Class            Fridays            1:00pm – 2:00pm

**BoxerFit** – Boxer fit is a high-intensity workout building on mental, physical and full-body strength.

- BoxerFit              Fridays            7:15pm – 8:15pm

Classes are designed for ages 18+

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