

JANUARY 2010

PITT MEADOWS FAMILY RECREATION CENTRE



**12027 Harris Road
Pitt Meadows, BC**

Facility Hours

Monday to Saturday - 8:00am to 9:30pm
Sunday - 9:30am to 8:00pm

Dates to Remember

Facility Closed: January 1

Fitness Schedule - Pitt Meadows

January 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	9-10am PT 60 (Level 2-5)	9-10am Step Fusion (Level 2-5)	9-9:45am Flow Yoga (Level All)	9-10am Step Fusion (Level 2-5)	9-10am Hatha Yoga (Level All)	9-10am Body Sculpt (Level 3-5)	
	10:05-11:05am Fit 101 (Level 1-3)		10:05-11:05am Fit 101 (Level 1-3)		10:05-11:05am Fit 101 (Level 1-3)	10:10-11:10am Flow Yoga (Level All)	10-11am PT 60 (Level 2-5)
Afternoon		12:10-12:55pm PT 45 (Level 2-5)		12:05-12:35pm Core Connection (Level All)			
	4:45-5:30pm Cycle 45 (Level 3-5)		4:45-5:45pm Body Sculpt/Cardio (Level All)	5:15-6pm Cycle 45 (Level 3-5)	4:45-5:30pm Cycle 45 NEW Beginners Welcome		
Evening	5:45-6:45pm Body Sculpt (Level All)	6:15-7:15pm PT 60 Strength (Level 2-5)	6-7pm Step Fusion (Level 2-5)	6:15-7:15pm PT 60 Cardio (Level 2-5)			
	7-8pm Ball / Cycle (Level 2-5)	7:30-8:30pm Hatha Yoga (Level All)	7:15-8pm NEW Cycle 45 Beginners Welcome	7:30-8:30pm Hatha Yoga (Level All)			

Schedule is subject to change due to participant levels.

Body Sculpt	A body sculpting work-out utilizing a variety of equipment. Continuous strength building is sure to keep the fires (and fat) burning. This is an intermediate + level work-out that can easily be adapted to most levels.
Core Connection	Challenge core & stability muscles in this class using an exercise ball, light weights and resistance tubing.
Cycle/Ball Core Combo	Combine ball core work with cycle.
Cycle 45 Sign-Up Required	This 45 minute class will give you a moderate to advanced workout. New riders are welcome and will be encouraged to modify. Please sign-up prior to the class in the spin bike area. We have limited bike numbers.
Fit 101	Suitable for pre/post natal, active seniors or anyone looking for a milder exercise option. Incorporating low impact cardio and gentle strength and stretch.
Flow Yoga	An invigorating flowing sequence of postures with a strong focus on core strength, breath awareness and key alignment.
Hatha Yoga	A gentle yoga that emphasizes posture alignment, core strength, balance, concentration and breath control while enhancing muscle tone, flexibility and a peaceful mind.
PT 45 / 60	A group personal training class that may incorporate cardio, 'supersets', upper & lower body strength, core body stability, balance using a variety of equipment.
Step Fusion	waiting on new

Levels of intensity: Lvl 1-Mild Lvl 2-Mild Plus Lvl 3-Moderate Lvl 4-Moderate Plus Lvl 5-Advanced Lvl All-Suitable for All Levels