



## REGISTER EARLY!

Great Programs are cancelled if the minimum is not met. Decisions regarding program cancellation will be made three days prior to the start date.

## Fitness

### Adult Sports Conditioning

Age: 19yrs and up

Boot Camp style class. A variety of balance, core strength, agility, stability ball and weight training using specialized equipment. Great all-round workout. All levels welcome.

**Instructor: West Coast Kinesiology**

**Location: Leisure Centre**

**Fee: \$95/12**

Tu,Th Apr 6-May 13 6:00-7:00pm #141893

Tu,Th May 18-Jun 24 6:00-7:00pm #141894

### Athletic Conditioning

Age: 10yrs and up

A sport-specific conditioning program for teams. 1, 2, or 3 sessions a week to be scheduled in consultation with the coach. Up to 15 players.

**Instructor: West Coast Kinesiology**

**Location: Leisure Centre**

**Fee: \$600/4**

By appointment #141926

### Athletic Testing

Age: 13yrs and up

Athletes in all sports can be tested for any fitness related performance variable in their sport. Test for one of the following: Anaerobic (Wingate), cardiovascular, strength, flexibility, SAQ (Speed, Agility, Quickness), or the Complete test.

**Instructor: West Coast Kinesiology**

**Location: Leisure Centre**

**Fee: \$25-30/single test**

By appointment #141927

### Fitness Package

Age: 15yrs and up

This 2 hour session includes a complete fitness test and a counselling session with a kinesiologist to establish your goals and start your program.

**Instructor: West Coast Kinesiology**

**Location: Leisure Centre**

**Fee: \$110/2**

By appointment #141929

### Fitness Test

Age: 15yrs and up

Clients are provided with a comprehensive one-hour fitness and health risk evaluation: cardiovascular, endurance, strength, flexibility, body composition.

**Instructor: West Coast Kinesiology**

**Location: Leisure Centre**

**Fee: \$75/1**

By appointment #141930

### Have A Ball (with Orientation)

Age: 13yrs and up

Have a 20 minute orientation on how to use the stability ball. The cost includes your own ball inflated for you to take home.

**Instructor: West Coast Kinesiology**

**Location: Leisure Centre**

**Fee: \$90/1**

By appointment #141931

**Small Group Personal Training Class**

Age: 16yrs and up

Benefit from increased individual attention with a minimum of 4 and a maximum of 6 participants. Experience cardio, muscle conditioning, core intensives, circuits, stretching and more.

**Instructor: West Coast Kinesiology**

**Location: Leisure Centre**

**Fee: \$186/12**

M,W,F	Apr 7-May 3	6:00-7:00am	#141899
M,W,F	Apr 7-May 3	12:10-12:55pm	#141900
M,W,F	May 5-Jun 2	6:00-7:00am	#141903
M,W,F	May 5-Jun 2	12:10-12:55pm	#141904
M,W,F	Jun 4-30	6:00-7:00am	#141907
M,W,F	Jun 4-30	12:10-12:55pm	#141908

**8 Sessions: Fee: \$120**

Tu,Th	Apr 6-29	12:10-12:55pm	#141901
Tu,Th	May 4-27	12:10-12:55pm	#141905
Tu,Th	Jun 1-24	12:10-12:55pm	#141909

**Strength Training for Women**

Age: 18yrs and up

Learn the basics of weight training. Keeping strong can help you avoid injury and stay active for the rest of your life. Our instructor will teach you proper exercise technique as well as some helpful hints for healthy lifestyle choices.

**Instructor: West Coast Kinesiology**

**Location: Leisure Centre**

**Fee: \$58/6**

Tu	Apr 6-May 11	10:00-11:00am	#141910
Tu	May 18-Jun 22	10:00-11:00am	#141912

**Partner Personal Training**

Age: 13yrs and up

You and a friend can work out together with a trainer. One session is 90 minutes. 5 and 10 Session packages also available. Note that multiple sessions are one hour each.

**Instructor: West Coast Kinesiology**

**Location: Leisure Centre**

**Fee: \$99/1, \$290/5, \$560/10**

By appointment #141933

**Personal Training**

Age: 13yrs and up

Whether your goal is permanent weight loss, muscle toning, strength building or enhanced physical performance, we can custom design a program tailored to your personal needs.

**Instructor: West Coast Kinesiology**

**Location: Leisure Centre**

**Fee: \$55-\$495/1-10**

By appointment #141934





## Health & Wellness

### Body Fat Test

Age: 13Y and up

Measures fat vs. muscle with a percent ratio using skinfold calipers.

**Instructor:** West Coast Kinesiology

**Location:** Leisure Centre Facility - Whole

**Fee:** \$35/1

By appointment #141928

### Diabetes Exercise Class

Age: 14yrs and up

Fitness class for people with diabetes. Uses cardio/weight equipment in the Leisure Centre. Participants are normally referred by their doctor or by Fraser Health Diabetes Education Centre. Supervised by a registered kinesiologist and/or certified exercise physiologist.

**Instructor:** West Coast Kinesiology

**Location:** Leisure Centre

**Fee:** \$84/12

M,W,F Apr 7-May 3 1:00-2:00pm #141895

M,W,F May 5-Jun 2 1:00-2:00pm #141896

M,W,F Jun 4-30 1:00-2:00pm #141897

### Nutrition Counselling

Age: 13yrs and up

Learn the benefits of proper nutrition based on the Canada Food Guide. Current popular myths about weight loss will be also discussed, as well as exercise fads and trends.

**Instructor:** West Coast Kinesiology

**Location:** Leisure Centre

**Fee:** \$55/1

By appointment #141932

### West Coast Kinesiology

Partner in fitness with Parks & Leisure Services

West Coast Kinesiology provides specialized fitness classes & services including:

- Medically oriented programs including osteoporosis, diabetes and cardiovascular conditions.
- Personal training.
- Sports-specific testing & conditioning.
- Acute phase therapy used in rehabilitation programs.

Contact 604-467-4675



### Strong Bones 40+

Age: 35yrs and up

Osteoporosis class. This is gradual introduction to an exercise program with focus on resistance training as well as core strengthening and flexibility. Ideal for beginners. No registration after 3rd session.

**Instructor:** West Coast Kinesiology

**Location:** Leisure Centre

**Fee:** \$95/12

M,W Apr 7-May 17 11:00am-12:00pm #141914

M,W May 19-Jun 30 11:00am-12:00pm #141916

### Strong Bones 40+ Advanced

Age: 35yrs and up

Ready for more! Progress to the advanced level of Strong Bones 40+ when your instructor feels you are ready. Need to have taken Strong Bones 40+ (basic) to register for this class.

**Instructor:** West Coast Kinesiology

**Location:** Leisure Centre

**Fee:** \$110/18

M,W,F Apr 7-May 17 10:00-11:00am #141918

M,W,F May 19-Jun 30 10:00-11:00am #141920

### Water Works

All Ages

An aquatic program run in conjunction with the Arthritis Society. Gentle range-of-motion exercises to increase mobility and function. No swimming required. Health clearance form required to completed by physician. Forms available at the Leisure Centre, or we can fax it to your doctor.

**Location:** Leisure Centre

**Fee:** \$66/11

Tu,Th Apr 6-May 13 10:05-10:55am #141922

Tu,Th May 18-Jun 24 10:05-10:55am #141923

**Fee:** \$72/12

M,W Apr 7-May 17 1:05-1:55pm #141924

M,W May 19-Jun 30 1:05-1:55pm #141925

