



## 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 Gymnasium

**Fee:** \$95/12

Tu,Th Jan 5-Feb 11 6:00-7:00pm #138808

Tu,Th Feb 16-Mar 25 6:00-7:00pm #138809

### 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 #138815

### 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 #138816

### 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 #138818

### 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 #138819

### 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 #138820



**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	Jan 4-29	6:00-7:00am	#138827
M,W,F	Jan 4-29	12:10-12:55pm	#138828
M,W,F	Jan 4-29	7:00-8:00pm	#138826
M,W,F	Feb 1-26	6:00-7:00am	#138831
M,W,F	Feb 1-26	12:10-12:55pm	#138832
M,W,F	Feb 1-26	7:00-8:00pm	#138830
M,W,F	Mar 1-26	6:00-7:00am	#138835
M,W,F	Mar 1-26	12:10-12:55pm	#138836
M,W,F	Mar 1-26	7:00-8:00pm	#138834

**Fee: \$120/8**

Tu,Th	Jan 5-28	12:10-12:55pm	#138829
Tu,Th	Feb 2-25	12:10-12:55pm	#138833
Tu,Th	Mar 2-25	12:10-12:55pm	#138837

**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	Jan 5-Feb 9	10:00-11:00am	#138838
Tu	Feb 16-Mar 23	10:00-11:00am	#138840
Th	Jan 7-Feb 11	7:00-8:00pm	#138839
Th	Feb 18-Mar 25	7:00-8:00pm	#138841

**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 or \$560/10**

By appointment #138822

**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 #138823



**Why not give the gift of fitness this Holiday Season!**

Gift certificates which can be used towards the purchase of registered programs or memberships can be purchased at the Maple Ridge Leisure Centre or Pitt Meadows Family Recreation Centre.

**Recreation...**  
contributes to a full and meaningful life.



## Health & Wellness

### Body Fat Test

Age: 13yrs and up

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

**Instructor: West Coast Kinesiology**

**Location: Leisure Centre**

**Fee: \$35/1**

By appointment #138817

### 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.

Fridays are unsupervised.

**Instructor: West Coast Kinesiology**

**Location: Leisure Centre**

**Fee: \$84/12**

M,W,F Jan 4-29 1:00-2:00pm #138810

M,W,F Feb 1-26 1:00-2:00pm #138811

M,W,F Mar 1-26 1:00-2:00pm #138812

### 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 #138821



#### Recreation...

helps combat the aging process.

### 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. Morning and evening classes available. No registration after 3rd session.

**Instructor: West Coast Kinesiology**

**Location: Leisure Centre**

**Fee: \$95/12**

M,W Jan 4-Feb 10 11:00am-12:00pm #138842

M,W Feb 15-Mar 24 11:00am-12:00pm #138844

Tu,Th Jan 5-Feb 11 5:00-6:00pm #138843

Tu,Th Feb 16-Mar 25 5:00-6:00pm #138845

### 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. Morning and evening classes available.

**Instructor: West Coast Kinesiology**

**Location: Leisure Centre**

**Fee: \$110/18**

M,W,F Jan 4-Feb 12 10:00-11:00am #138846

M,W,F Feb 15-Mar 26 10:00-11:00am #138848

**Fee: \$95/12**

Tu,Th Jan 5-Feb 11 6:00-7:00pm #138847

Tu,Th Feb 16-Mar 25 6:00-7:00pm #138849

### 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 be completed by physician. Forms available at the Leisure Centre, or we can fax it to your doctor.

**Instructor: West Coast Kinesiology**

**Location: Leisure Centre**

**Fee: \$72/12**

Tu,Th Jan 5-Feb 11 10:05-10:55am #138855

Tu,Th Feb 16-Mar 25 10:05-10:55am #138856

M,W Jan 4-Feb 10 1:05-1:55pm #138857

M,W Feb 15-Mar 24 1:05-1:55pm #138858



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## Running

### Sun Run Training Clinics

Age: 13yrs and up

This program will help prepare you for the Sun Run on May 9th whether you want to walk, are a beginner runner or want to improve your running program. Includes Sun Run registration fee, Sun Run t-shirt, training shirt, training log, and 13 week training clinic.

**Location: Pitt Meadows Family Recreation Centre**  
**Fee: \$145.95/13**

W Feb 10-May 12 6:30-7:00pm #138813

**Location: Leisure Centre**

**Fee: \$145.95/13**

Su Feb 7-May 2 9:00-10:00am #138814

