

OAK BAY RECREATION CENTRE (OBRC) & NEIGHBOURHOOD LEARNING CENTRE (NLC)

EFFECTIVE SEPTEMBER 1-DECEMBER 21, 2019

FITNESS

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CORE FITNESS				9:00-9:45am NLC			
DANCE EXPRESS			12:15-1:00pm OBRC		12:15pm-1:00pm OBRC		
ENERGY BOOSTER		6:30-7:30am OBRC		6:30-7:30am OBRC			
FITNESS FIX	5:45-6:45pm NLC				5:30-6:30pm OBRC		
PILOXING*	7:15-8:15pm* NLC						
THE ULTIMATE WORKOUT						8:00-9:00am & 9:00-10:00am NLC	9:00-10:00am NLC
TOTAL BODY CONDITIONING	9:00-10:00am NLC		9:15-10:15am NLC				
YOGA FOR EVERYBODY \$15/\$8				10:00-11:00am NLC			
YOGA - GENTLE HATHA* \$15/\$8					12:15-1:30pm* NLC		
ZUMBA* \$15/\$8	6:15pm-7:15pm* NLC						
Please purchase drop-in tickets at Oak Bay Recreation Centre's Reception before your NLC class							
No drop-in classes on Stat Holidays: Labour Day— Sept 2nd, Thanksgiving—Oct 14th, Remembrance Day—Nov 11th, Christmas Day—Dec 25th, Boxing Day—Dec 26th (except Jazzercise)							



ADDITIONAL INFORMATION:

- No classes on statutory holidays
- 13 years and older may attend Fitness Classes! (15 years and older may use the Fitness Studio)
- *Registered Class: will accept drop-ins if space permits; additional cost applies (non-pass holder/pass holder).
Classes can be cancelled if enrollment is low. Please call ahead to Reception at 250-595-7946.
- Childminding available Monday to Friday from 8:45-11:15am, ending June 21, 2019.. Call Reception to reserve a spot: 250-595-7946.

CLASS DESCRIPTIONS:

Core Fitness: Walk taller, feel strong! This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.

Dance Express: Invigorating music and easy to follow dance combinations to elevate your heart rate.

Energy Booster: Cardio, resistance, and plyometrics training for a well balanced workout.

Fitness Fix: Interval based class combining cardio and strength training. All levels welcome.

Piloxing: A non-stop cardio fusion of standing Pilates, boxing and dance.

The Ultimate Workout: This class is all about strength, stamina, and power. Challenge yourself with an intense workout that will get you into ultimate shape.

Total Body Conditioning: Low choreography aerobics, that can include the step, combined with strength and endurance work.

Total Conditioning Circuit Drop-in: Classes will combine stations of cardiovascular training with strength conditioning & core exercises.

Yoga - Gentle Hatha: Basic yoga postures to help release tension, stress, build strength and improve flexibility. Please arrive 5-10 minutes early.

Yoga For Everybody—This easy to follow class offers modifications for your range of movement and pointers for deepening breath and core practice, flexibility and strengthening.

Zumba: Latin rhythms with easy to follow choreography.



Oak Bay Recreation Centre

1975 Bee Street
250-595-7946
recreation.oakbay.ca

HENDERSON RECREATION CENTRE

EFFECTIVE SEPTEMBER 1-DECEMBER 21, 2019

FITNESS

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FITNESS FIX			5:30-6:30pm				
JAZZERCISE♦	8:00-9:00am♦	6:15-7:15am♦ 5:45-6:45pm♦	8:00-9:00am♦	6:15-7:15am♦ 5:45-6:45pm♦	8:00-9:00am♦		9:30-10:30am♦
JAZZERCISE - LOW IMPACT♦ at Monterey Recreation Centre	5:00-6:00pm♦		5:00-6:00pm♦			9:30-10:30am♦	
INDOOR CYCLING	6:15-7:00am 7:15-8:00pm	6:15-7:00am 5:45-6:30pm	6:15-7:00am 7:15-8:00pm	5:45-6:30pm	6:15-7:00am		
TOTAL CONDITIONING CIRCUIT	8:15-9:15am	10:45-11:45am	8:15-9:15am		8:15-9:15am 9:30-10:30am		
TOTAL BODY CONDITIONING					9:15-10:15am		
YOGA - GENTLE HATHA* \$15/\$8	12:15-1:30pm*						

No drop-in classes on Stat Holidays: Labour Day— Sept 2nd, Thanksgiving—Oct 14th, Remembrance Day—Nov 11th, Christmas Day—Dec 25th, Boxing Day—Dec 26th (except Jazzercise)

ADDITIONAL INFORMATION:

- No classes on statutory holidays
- 13 years and older may attend Fitness Classes! (15 years and older may use the Fitness Studio)
- *Registered Class: will accept drop-ins if space permits; additional cost applies (non-pass holder/pass holder).
Classes can be cancelled if enrollment is low. Please call ahead to Reception at 250-595-7946.
- ♦ Call Jazzercise at 250-580-5299 or visit their website at jazzerciseoakbay.com

CLASS DESCRIPTIONS:

Fitness Fix: Interval based class combining cardio and strength training. All levels welcome.

Indoor Cycling: 45 minute class combining basic cycling movements and cardio drills by varying speeds and resistance levels. Sprinting, hill climbs, intervals, and races will build strength, endurance, and cardio fitness.

All levels welcome.

Total Body Conditioning: Low choreography aerobics, that can contain the step, combined with strength and endurance work.

Total Conditioning Circuit: Classes combine stations of cardio, strength conditioning, and core exercises. Cardio equipment, strength machines, body weight exercises, free weights, balls, TRX, BOSUs, and bands will be utilized.

Yoga - Gentle Hatha: Basic yoga postures to help release tension, stress, build strength and improve flexibility. Please arrive 5-10 minutes early.



Henderson Recreation Centre

2291 Cedar Hill X Road
250-370-7200
recreation.oakbay.ca

ADMISSION RATES

	SINGLE	5 PACK	10 PACK
ADULT	\$6.75	\$30.50	\$50.75
SENIOR (60+ years)	\$5.25	\$23.75	\$39.50
STUDENT (13+ with ID)	\$5.25	\$23.75	\$39.50
CHILD (6-12yrs)	\$3.40	\$15.50	\$25.50
FAMILY (max 5)	\$13.50	\$60.75	\$101.25

RECREATION OAK BAY PASSES

	5 WEEK	4 MONTH	ANNUAL
ADULT	\$73.50	\$197.50	\$385
SENIOR (60+ years)	\$56.25	\$153	
STUDENT (13+ with ID)	\$56.25	\$153	
YOUTH (6 - 18yrs)			\$169
FAMILY			\$854.50
REGIONAL (12 centres)			\$492