


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

EFFECTIVE MARCH 18-29, 2019

# FITNESS

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CORE FITNESS				9:00am-9:45am OBRC			
DANCE EXPRESS			12:15pm-1:00pm OBRC		12:15pm-1:00pm OBRC		
ENERGY BOOSTER		6:30am-7:30am OBRC		6:30am-7:30am OBRC			
FITNESS FIX	5:30pm-6:30pm OBRC				5:30pm-6:30pm OBRC		
TOTAL BODY CONDITIONING	9:30am-10:30am OBRC		9:30am-10:30am OBRC				
THE ULTIMATE WORKOUT						8:00am-9:00am and 9:00am-10:00am NLC	9:00am-10:00am NLC
YOGA - GENTLE HATHA \$12/\$6					CANCELLED		
ZUMBA \$12/\$6	6:00pm-7:00pm* NLC						

## ADDITIONAL INFORMATION:

- \*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.
- No classes on statutory holidays
- Childminding available Monday to Friday from 8:45-11:15am, ends June 21, 2019. Call Reception to reserve a spot: 250-595-7946.
- 13 years and older may attend Fitness Classes! (15 years and older may use the Fitness Studio)

## CLASS DESCRIPTIONS:

**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.

**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 combined with strength and endurance work.

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

**Turbo Kick:** Unique kick movement patterns, combinations and techniques to give the ultimate cardio workout.

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

**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 MARCH 18-29, 2019

# FITNESS

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FITNESS FIX			5:30pm-6:30pm				
JAZZERCISE♦	7:45am-8:45am♦	5:45pm-6:45pm♦	7:45am-8:45am♦	5:45pm-6:45pm♦	7:45am-8:45am♦		9:30am-10:30am♦
JAZZERCISE - LOW IMPACT♦ at Monterey Recreation Centre	5:00pm-6:00pm♦		5:00pm-6:00pm♦			9:30am-10:30am♦	
JAZZERCISE		6:15am-7:15am♦		6:15am-7:15am♦			
INDOOR CYCLING	6:15am-7:00am 7:15pm-8:00pm	5:45pm-6:30pm	6:15am-7:00am 7:15pm-8:00pm	5:45pm-6:30pm	6:15am-7:00am		
TOTAL CONDITIONING CIRCUIT	8:15am-9:15am		8:15am-9:15am		8:15am-9:15am 9:30am-10:30am		
TOTAL BODY CONDITIONING					CANCELLED		

## ADDITIONAL INFORMATION:

- \*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.
- No classes on statutory holidays - except Jazzercise
- 13 years and older may attend Fitness Classes! (15 years and older may use the Fitness Studio)
- ♦Jazzercise is a registered program. Drop-ins welcome. Call 250-580-5299 for more information.

## 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 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