

Winter 2012							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 am			**Small group personal training	Power Pacing ①②ⓐ	**Small group personal training		
8:05 am						Hatha YOGA (75 min.) ①②	
9:30 am	Zumba Cardio Ball ①②ⓐ	Cross Training ①②	Power Pacing Core ①②ⓐ	Athletic Intervals ①②	Get on the Ball ①②ⓐ	Total Workout (75 min.) ②	Pure STEP ②
10:45 am		Hatha YOGA ①②	Hatha YOGA ①②		Power Pacing ①②ⓐ	Zumba (11:00) ①②	Power Pacing ①②ⓐ
12:00 pm	Power Pacing Boot Camp ①②ⓐ	Power Pacing ①②ⓐ	Power Pacing FitCity Flex ①②ⓐ	Power Pacing ①②ⓐ		**Specialty Series – contact reception ①②	**Specialty Series – contact reception (12:30) ①②
4:10 pm				Hatha YOGA 75 min. ①②			Hatha YOGA 75 min. ②
5:30 pm	Athletic Intervals ①②	Power Pacing Boot Camp ①②ⓐ	Pure STEP 75 min. ②	Athletic Intervals ①②	Hatha YOGA 75 min. ①②		
6:30 pm	Cardio Mix 75 min. ①②	Zumba ①②		Power Pacing ①②ⓐ			
7:30 pm		Hatha YOGA ①②	Hatha YOGA (7:00 start, 75 min.) ②				

- ① Beginner/Intermediate
- ② Intermediate/Advanced
- ⓐ Pre-registration required – take a number on arrival
- \*\* See reception for details



Class Descriptions	
<b>Athletic Intervals</b>	Our “Push it to the Max” class! High-intensity intervals of low-choreography STEP or LOW IMPACT coupled with muscle-conditioning drills. Awesome for burning fat & increasing cardiovascular fitness.
<b>Cardio Mix</b>	Why choose between STEP and HI/LOW IMPACT when you can have both? Cardio Mix blends dynamic STEP aerobics with high-energy HI/LOW IMPACT patterns. The best of both worlds! No flex component.
<b>Cross Train</b>	Prevent boredom, injuries and plateaus with Cross Train. This format uses a variety of activities to improve cardio, muscular strength/endurance and flexibility. The format changes weekly. Expect any combination of the following: STEP, LO-IMPACT, Kickbox, Core Training and FitCity Flex.
<b>FitCity Flex</b>	Get tighter abs, stronger legs and more shapely shoulders using everything from resistance bands to Body Bars. Rev up your metabolism with strength training in this challenging and motivating class. No cardio component.
<b>Get on the Ball</b>	Target your abs, improve your balance and boost your overall strength with resistance exercises on a ball. No cardio component. <b>Pre-registration required.</b> ⓐ
<b>Hatha Yoga</b>	Experience tranquility in this class. Participants practice yoga poses designed to stretch and strengthen the body and expand the mind.
<b>Power Pacing Core</b>	One of today’s hottest workouts! High cardio on stationary bikes, then conditioning your core ( Pilate inspired), for better posture, injury prevention and more defined abdominal, hip and back muscles.
<b>Power Pacing</b>	A high-energy, instructor-led workout performed on stationary bikes that allow participants to control their own levels of resistance. <b>Pre-registration required.</b> ⓐ
<b>Power Pacing Boot Camp</b>	Get it ALL done with this class! With its alternating short, high-intensity power pacing segments and full-body strengthening exercises, this really is a total body workout! <b>Pre-registration required.</b> ⓐ
<b>Pure STEP</b>	A choreographed cardio class performed on an adjustable platform, followed by abdominal work and stretching.
<b>**Small Group training</b>	Get the results of training with a personal trainer while working out with others. Your small group training is limited to 6 people so that you get the attention you need to reach your fitness goals. See reception for registration details.
<b>Total Workout</b>	Get it all without overdoing it! 20 minutes of STEP, 20 minutes of lo-impact, followed by a dynamic FitCity Flex component to complete this total body workout.
<b>Zumba</b>	An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party.

## Group Exercise Etiquette

- Please let your instructor know if you are: new, have bone or joint problems, are diabetic, asthmatic or pre/post natal, or are taking any medications that may affect you.
- To avoid overcrowding, a "Clear Floor" policy is enforced. Please use the lockers and cubbies that are available to store personal items. Water-bottles and towels may be kept off to the side.
- In order to ensure your safety and accommodate as many participants as possible, we request that members not casually alternate between gym equipment and classes. Whenever possible, participants are expected to remain on the group exercise floor for the duration of a class. If you must leave early, please inform your instructor.
- To ensure the safety of all participants, entering a class after a warm-up is not permitted. Anyone who attempts to join a class late may be asked to leave the exercise floor.
- Appropriate, non-scutff footwear must be worn at all times in the club and in all classes except Yoga.
- Turn off all handheld communication devices while attending all group exercise classes. Accessing your device while in class will distract other participants and the instructor.
- FitCity for Women is a scent-free facility. Please refrain from using and/or wearing any scented products on the premises.
- For classes with limited space, please take a number from reception upon arrival.
- Most important: HAVE FUN!



## Power Pacing Class Guidelines

- To reserve your bike, please use the registration binder. Ask reception for details.
- A \$7 fee will be applied to the account of any member who "no-shows" for a class. Cancellation calls must be received 4 business hours prior to start of class to avoid this fee.
- Reserved bikes not claimed 5 minutes prior to start time will be allotted on a first come, first served basis.

### Amanda Cama

General Manager

### Freddy Li

BCRPA Supervisor of Fitness Leaders,  
ACSM, CanFitPro  
Group Exercise Coordinator

### Club Hours

Monday-Friday ..... 6:00 a.m. - 10:00 p.m.  
Saturday & Sunday ..... 8:00 a.m. - 6:00 p.m.

### Play Care Child Minding

Mon., Wed-Fri ..... 8:30 a.m. - 1:00 p.m.  
Saturday ..... 8:00 a.m. - 1:00 p.m.

100 - 1401 West 8th Avenue, Vancouver, BC V6H 1C9 • 604.733.9991  
www.fitcityforwomen.com • aerobics@fitcityforwomen.com

*FitCity*  
FOR WOMEN  
*Where fit doesn't mean perfect.*



**Westside group exercise schedule**  
*Winter 2012*