

Drop-in Schedules as of October 18, 2017

Monday			
Class/Facility	Date/Time	Age	Instructor(s)
Master Swim 2 Ron Andrews Community Recreation Centre - 4 lanes	September 6 - December 29 5:30 AM - 6:30 AM	-	TBA
Master Swim 2 Harry Jerome Community Recreation Centre - 4 lanes	September 6 - December 29 6:00 AM - 7:00 AM	15yrs+	Khosro M
Class on Monday Oct. 9 will be held from 8:00am - 9:00am. No classes Nov. 13 & Dec. 25.			
Aerobics Intense- Bootcamp Lynn Valley Recreation Community Centre - Cardinal Hall	September 6 - December 27 6:15 AM - 7:15 AM	15yrs+	Andrenea T
Cardiac Rehab Phase 3-4 Memorial Community Recreation Centre - Capilano Multipurpose Room	September 6 - December 22 7:00 AM - 8:30 AM	15yrs+	Nancy C Nancy C, Christina M Nancy C, Christina M, Keiko M Nancy C, Christina M, Keiko M, Jon C
No classes Oct. 9 or Nov. 13.			
YoFit Delbrook Community Recreation Centre - Ash Room L12	September 6 - December 27 7:15 AM - 8:15 AM	16yrs+	Mehrnoush A
No class Oct 9, Nov 13, Dec 25			
Aerobics Mild - Forever Young Delbrook Community Recreation Centre - Arbutus Room M24	September 6 - December 18 7:30 AM - 8:30 AM	12yrs+	Barbara P Barbara P, Christina M
No classes: Oct 9, Nov 13, and Dec 25.			
Cardiac Rehab Phase 3-4 Parkgate Community Recreation Centre - Large Multipurpose Room R63	September 11 - December 18 7:30 AM - 8:30 AM	15yrs+	TBA
50+ Circuit Training Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 4 - December 29 8:00 AM - 9:00 AM	50yrs+	Madeline M
This class will run on Oct. 9 and Nov. 13. No class Dec. 25.			
Aquafit Shallow Ron Andrews Community Recreation Centre - Tank	September 6 - December 20 8:00 AM - 9:00 AM	-	Brigitte L Brigitte L, Keiko M

Aquafit- Shallow Karen Magnussen Community Centre - Wave Pool	September 5 - December 23 8:00 AM - 9:00 AM	15yrs+	TBA
Master Swim 1 Harry Jerome Community Recreation Centre - 4 lanes	September 6 - December 29 8:00 AM - 9:00 AM	15yrs+	Khosro M
No classes Oct. 9, Nov. 13 & Dec. 25.			
Masterswim 2 Delbrook Community Recreation Centre - Lane 3	September 6 - December 29 8:00 AM - 9:15 AM	-	John M
No class Oct 9, Nov 13, Dec 25			
Cardiac Rehab Phase 3-4 John Braithwaite Community Centre - Meeting Room 1	September 6 - December 29 8:30 AM - 11:30 AM	15yrs+	Jan Ljan L, Christina MJan L, Christina M, Joyce D
Aerobics Mild+ Delbrook Community Recreation Centre - Arbutus Room M24	September 18 - December 4 8:45 AM - 9:45 AM	15yrs+	Marianne B
No class Oct 9 or Nov 13			
Aerobics Mild + Parkgate Community Recreation Centre - Parkgate Gym R85	September 4 - December 18 9:00 AM - 10:00 AM	15yrs+	Keiko M
Aerobics Moderate- Cardio Box Parkgate Community Recreation Centre - Large Multipurpose Room R63	September 11 - December 18 9:05 AM - 10:05 AM	15yrs+	Ashifa S
**Note: new time 9:05-10:05am NO CLASS ON STAT MONDAYS			
Aquafit Shallow/Deep Harry Jerome Community Recreation Centre - 4 lanes	September 11 - December 18 9:05 AM - 10:05 AM	15yrs+	Mary Jane P
Class on Monday Oct. 9 will be held 10:00am - 11:00am. No class Nov. 13 & Dec. 25.			
Aerobics Moderate - Low Impact John Braithwaite Community Centre - Shoreline Multipurpose Room	September 4 - December 25 9:15 AM - 10:15 AM	12yrs+	Christine C
Cycle Fitness Harry Jerome Community Recreation Centre - Spin Cycle Studio	September 11 - December 18 9:15 AM - 10:15 AM	15yrs+	Louis B
No classes Oct. 9 and Nov. 13.			
YoFit North Shore Neighbourhood House - Gym	September 11 - December 18 9:15 AM - 10:15 AM	14yrs+	Charlene F
No classes Oct 9 and Nov 13			
Aerobics Moderate - Pump it Up Delbrook Community Recreation Centre - Ash Room L12	September 6 - December 27 9:40 AM - 10:40 AM	12yrs+	Louise PLouise P, Jennifer SLouise P, Jennifer S, Paula A
No class Oct 9, Nov 13 or Dec 25			
50+ Circuit Training	September 11 - December 18	15yrs+	Steve W

Karen Magnussen Community Centre - Weight Room	10:00 AM - 11:00 AM		
No class Oct 9 and Dec 25			
Aquafit Deep Delbrook Community Recreation Centre - Lane 3	September 6 - December 27 10:00 AM - 11:00 AM	-	Maria T, Maria T, Judy B
No class Oct 9, Nov 13, Dec 25			
Master Swim 2 Ron Andrews Community Recreation Centre - 4 lanes	September 6 - December 29 10:00 AM - 11:15 AM	-	John M
Strictly Stretch for Seniors Parkgate Community Recreation Centre - Parkgate Gym R85	September 4 - December 18 10:00 AM - 10:30 AM	50yrs+	Keiko M
50+ Circuit Training Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 4 - December 29 10:30 AM - 11:30 AM	50yrs+	Madeline M
No class Oct. 9, Nov. 13 & Dec. 25.			
Active with Arthritis Level 1 Karen Magnussen Community Centre - Games Pool	September 6 - December 22 10:30 AM - 11:30 AM	15yrs+	Annick G
Aerobics Mild Parkgate Community Recreation Centre - Parkgate Gym R85	September 4 - December 18 10:30 AM - 11:30 AM	15yrs+	Keiko M
Osteo Parkgate Community Recreation Centre - Large Multipurpose Room R63	September 4 - November 27 10:30 AM - 11:30 AM	-	Rose L
This class is now part of fitness membership classes No class Oct 9, Nov 13, or Dec 25			
Gentle Yoga Senior Drop-In John Braithwaite Community Centre - Anchor Multipurpose Room	September 11 - December 18 10:45 AM - 12:15 PM	-	None
Please Note: No class on Oct 9 and Nov 13			
Osteo/Arthritis Delbrook Community Recreation Centre - Ash Room L12	September 6 - December 27 10:50 AM - 11:50 AM	-	Louise P, Louise P, Jennifer S
Monday classes moved to the Ash Room starting October 16. No class Oct 9, Nov 13, or Dec 25			
Aquafit Tabata Delbrook Community Recreation Centre - Lane 3	September 11 - December 18 11:00 AM - 12:00 PM	15yrs+	Maria T
No class Oct 9, Nov 13 or Dec 25			
Keep Well Delbrook Community Recreation Centre - Community Kitchen M23	September 11 - December 18 11:00 AM - 12:45 PM	50yrs+	None
No class Oct 9 or Nov 13			
YoFit Delbrook Community Recreation Centre - Maple	September 6 - December 29 12:00 PM - 12:45 PM	16yrs+	Kelly L, Kelly L, Mehrnoush A, Kelly

Room U03			L, Mehrnoush A, Nikki J
No class Oct 9, Nov 13, Dec 25			
Aerobics Intense- Beginner Bootcamp John Braithwaite Community Centre - Shoreline Multipurpose Room	September 4 - December 25 12:10 PM - 12:55 PM	15yrs+	TBA
Simply Step Memorial Community Recreation Centre - Memorial Gym	September 11 - December 18 12:10 PM - 12:50 PM	-	Louise P
This class is running on Oct. 9.			
Cardiac Rehab Phase 3-4 Ron Andrews Community Recreation Centre - Jessica Monroe Weight Room	September 6 - December 22 1:00 PM - 2:15 PM	15yrs+	Jon C
No class September 4 and October 9, 2017.			
50+ Circuit Training Mild Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 8 - December 29 1:30 PM - 2:30 PM	50yrs+	Colleen E
No classes Oct. 9, Nov. 13 & Dec. 25.			
Aquafit Deep November 13 Delbrook Community Recreation Centre - 4 lanes	November 13 4:30 PM - 5:30 PM	15yrs+	Miranda G
Aerobics Moderate - Legs, Bums, Tums Delbrook Community Recreation Centre - Ash Room L12	September 6 - December 27 5:30 PM - 6:30 PM	12yrs+	Diana C
CLASS CANCELLED: Wed, Oct 4 due to no instructor available to teach. No class Oct 9, Nov 13, or Dec 25 due to Stat Holidays.			
Cycle Fitness Harry Jerome Community Recreation Centre - Spin Cycle Studio	September 11 - December 18 5:30 PM - 6:30 PM	15yrs+	May J
No classes Oct. 9 and Nov. 13.			
YoFit Delbrook Community Recreation Centre - Maple Room U03	September 11 - December 4 5:30 PM - 6:30 PM	16yrs+	Brigitte L
No class Oct 9 , Oct 16, Nov 13, and Dec 26. Moved to Arbutus Rm: 5:40pm, Mon, Nov 20			
Aerobics Intense - Aerobics Moderate ++ Memorial Community Recreation Centre - Capilano Multipurpose Room	September 6 - December 27 5:35 PM - 6:45 PM	15yrs+	Andrea B
No Class Mondays Sept. 25, Oct. 9, Oct. 23, Nov. 13, Nov. 20, Dec. 11 & Dec. 25			
Strictly Stretch Parkgate Community Recreation Centre - Large Multipurpose Room R63	September 11 - December 18 6:00 PM - 7:00 PM	15yrs+	Penny S
NO CLASS MONDAY NOVEMBER 27			
YoFit Ron Andrews Community Recreation Centre -	September 4 - December 18 6:15 PM - 7:30 PM	15yrs+	Mehnoush A

Windsor Multipurpose Room			
Cardio Kick Boxing North Shore Neighbourhood House - Gym	September 11 - December 4 7:00 PM - 8:00 PM	14yrs - 79yrs	Christine C
No classes on Oct 9 & Nov 13			
Strictly Stretch Delbrook Community Recreation Centre - Ash Room L12	September 11 - December 18 7:00 PM - 8:00 PM	16yrs+	Yvette B
No class Oct 9 or Nov 13			
Aquafit Deep Delbrook Community Recreation Centre - Lane 3	September 6 - December 27 7:30 PM - 8:30 PM	-	Maria T
No class Oct 9, Nov 13, Dec 25			
Master Swim 2 Ron Andrews Community Recreation Centre - 4 lanes	September 6 - December 27 7:30 PM - 8:45 PM	-	John M
YoFit John Braithwaite Community Centre - Shoreline Multipurpose Room	September 11 - December 18 7:30 PM - 8:30 PM	12yrs+	Charlotte G

Tuesday

Class/Facility	Date/Time	Age	Instructor(s)
Master Swim 2 Harry Jerome Community Recreation Centre - 4 lanes	September 5 - December 28 6:00 AM - 7:00 AM	15yrs+	Khosro M
Aerobics Intense- Bootcamp Ron Andrews Community Recreation Centre - Windsor Multipurpose Room	September 5 - December 19 6:15 AM - 7:15 AM	15yrs+	Andrenea T
Cycle Fitness Harry Jerome Community Recreation Centre - Spin Cycle Studio	September 5 - December 28 6:30 AM - 7:30 AM	15yrs+	Katherine T
No classes Oct. 3 or Oct. 5			
YoFit Delbrook Community Recreation Centre - Ash Room L12	September 5 - December 28 7:00 AM - 8:00 AM	16yrs+	Maureen D
No class Dec 26			
Aquafit Deep Ron Andrews Community Recreation Centre - 3 lanes	September 5 - December 28 8:00 AM - 9:00 AM	-	Mary Jane P
Aquafit Shallow Harry Jerome Community Recreation Centre - 4 lanes	September 5 - December 28 8:00 AM - 9:00 AM	15yrs+	None
Aquafit- Shallow Karen Magnussen Community Centre - Wave Pool	September 5 - December 23 8:00 AM - 9:00 AM	15yrs+	TBA
Circuit Training Beginners Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 5 - December 28 8:00 AM - 9:00 AM	15yrs+	Steve W Steve W, Rose L

No class Dec. 26			
50+ Circuit Training Parkgate Community Recreation Centre - Weight Rm - R92	September 5 - December 26 8:30 AM - 9:30 AM	50yrs+	Cindy P
On The Ball Memorial Community Recreation Centre - Memorial Gym	September 12 - December 19 8:45 AM - 9:45 AM	16yrs+	Kelly L
Aquafit- Shallow Mild Karen Magnussen Community Centre - Wave Pool	September 5 - December 21 9:00 AM - 10:00 AM	15yrs+	Susan F
YoStretch Delbrook Community Recreation Centre - Arbutus Room M24	September 5 - December 28 9:00 AM - 10:00 AM	16yrs+	Rosemary C
No class Dec 26			
Aerobics Moderate - Fit & Fabulous Ron Andrews Community Recreation Centre - Windsor Multipurpose Room	September 5 - December 19 9:05 AM - 10:05 AM	12yrs+	Marianne B
Step Fitness - Super Step- Intense Parkgate Community Recreation Centre - Large Multipurpose Room R63	September 5 - December 26 9:05 AM - 10:05 AM	15yrs+	Ashifa S
**Note: new time 9:05-10:05am			
Circuit Training Workout Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 5 - December 28 9:15 AM - 10:15 AM	15yrs+	Steve W
Cycle Fitness Harry Jerome Community Recreation Centre - Spin Cycle Studio	September 5 - December 19 9:15 AM - 10:15 AM	15yrs+	Janet L
Master Swim 1 Ron Andrews Community Recreation Centre - 4 lanes	September 5 - December 28 9:15 AM - 10:15 AM	-	John M
Aerobics Intense- To the Core John Braithwaite Community Centre - Shoreline Multipurpose Room	September 5 - December 26 9:20 AM - 10:20 AM	18yrs+	TBA
Keep Well Parkgate Community Recreation Centre - Parkgate Gym Quadrant D	September 5 - December 12 9:30 AM - 10:30 AM	-	None
Active with Arthritis Level 2 Karen Magnussen Community Centre - Games Pool	September 5 - December 21 10:00 AM - 11:00 AM	15yrs+	Annick G
Aquafit Shallow Delbrook Community Recreation Centre - Leisure Pool Games Area (centre)	September 5 - December 28 10:00 AM - 11:00 AM	-	None
NO CLASS Dec 26			
Elderobics Delbrook Community Recreation Centre - Arbutus Room M24	September 5 - December 28 10:15 AM - 11:15 AM	65yrs+	Christine Mary C
Aerobics Mild Memorial Community Recreation Centre - Memorial Gym	September 5 - December 28 10:30 AM - 11:30 AM	15yrs+	Jan L

No class Dec. 26.			
Aerobics Moderate- \$2 Women Only John Braithwaite Community Centre - Shoreline Multipurpose Room	September 5 - December 26 10:30 AM - 11:30 AM	12yrs+	Gail R
Circuit Training Mild Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 5 - December 28 10:30 AM - 11:30 AM	15yrs+	Steve W
no class Dec. 26			
Aquafit Shallow Adapted \$2 Delbrook Community Recreation Centre - Leisure Pool Games Area (centre)	September 5 - December 28 11:00 AM - 11:45 AM	-	Annick G
NO CLASS Dec 26			
Supervised Rehab Parkgate Community Recreation Centre - Weight Rm - R92	September 5 - December 26 11:00 AM - 12:00 PM	15yrs+	None
Strong & Steady Drop-In John Braithwaite Community Centre - Anchor Multipurpose Room	September 12 - December 12 11:15 AM - 12:15 PM	40yrs+	None
Aerobics Moderate -On The Ball John Braithwaite Community Centre - Shoreline Multipurpose Room	September 5 - December 26 12:10 PM - 12:55 PM	12yrs+	Charlotte G
Aerobics Moderate- Legs, Bums & Tums Memorial Community Recreation Centre - Memorial Gym	October 3 - December 19 12:10 PM - 12:50 PM	15yrs+	Cindy P
Cycle Fitness Harry Jerome Community Recreation Centre - Spin Cycle Studio	September 5 - December 19 12:15 PM - 1:00 PM	15yrs+	Steve WSteve W, Jacqueline J
Cycle Fitness Harry Jerome Community Recreation Centre - Spin Cycle Studio	September 5 - December 19 5:30 PM - 6:30 PM	15yrs+	Louis B
Aerobics Intense- Bootcamp Delbrook Community Recreation Centre - Ash Room L12	September 19 - December 19 5:55 PM - 6:55 PM	15yrs+	Sarah C
Aerobics Mild+ Memorial Community Recreation Centre - Capilano Multipurpose Room	September 5 - December 28 5:55 PM - 6:55 PM	15yrs+	May M
No class Dec.12 & 26			
Aerobics Intense- Full Body Blast Parkgate Community Recreation Centre - Large Multipurpose Room R63	September 5 - December 26 6:00 PM - 7:00 PM	15yrs+	Kelda G
NOTE: NEW TIME 6:00-7:00pm			
Cardiac Rehab Phase 3-4 Memorial Community Recreation Centre - Off Capilano Room	September 5 - December 21 6:30 PM - 7:45 PM	15yrs+	Amir BAmir B, Laura H
Aquafit Deep Ron Andrews Community Recreation Centre - Tank	September 5 - December 28 7:30 PM - 8:30 PM	-	None

Class/Facility	Date/Time	Age	Instructor(s)
Master Swim 2 Ron Andrews Community Recreation Centre - 4 lanes	September 6 - December 29 5:30 AM - 6:30 AM	-	TBA
Master Swim 2 Harry Jerome Community Recreation Centre - 4 lanes	September 6 - December 29 6:00 AM - 7:00 AM	15yrs+	Khosro M
Class on Monday Oct. 9 will be held from 8:00am - 9:00am. No classes Nov. 13 & Dec. 25.			
Aerobics Intense- Bootcamp Lynn Valley Recreation Community Centre - Cardinal Hall	September 6 - December 27 6:15 AM - 7:15 AM	15yrs+	Andrenea T
Cycle Fitness Delbrook Community Recreation Centre - Fitness Studio L21	September 6 - December 27 6:30 AM - 7:30 AM	15yrs+	Suzanne S
Cardiac Rehab Phase 3-4 Memorial Community Recreation Centre - Capilano Multipurpose Room	September 6 - December 22 7:00 AM - 8:30 AM	15yrs+	Nancy C Nancy C, Christina M Nancy C, Christina M, Keiko M Nancy C, Christina M, Keiko M, Jon C
No classes Oct. 9 or Nov. 13.			
YoFit Delbrook Community Recreation Centre - Ash Room L12	September 6 - December 27 7:15 AM - 8:15 AM	16yrs+	Mehrnoush A
No class Oct 9, Nov 13, Dec 25			
Aerobics Mild - Forever Young Delbrook Community Recreation Centre - Arbutus Room M24	September 6 - December 18 7:30 AM - 8:30 AM	12yrs+	Barbara P Barbara P, Christina M
No classes: Oct 9, Nov 13, and Dec 25.			
Cardiac Rehab Phase 3-4 Parkgate Community Recreation Centre - Large Multipurpose Room R63	September 6 - December 27 7:30 AM - 8:30 AM	15yrs+	TBA
50+ Circuit Training Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 4 - December 29 8:00 AM - 9:00 AM	50yrs+	Madeline M
This class will run on Oct. 9 and Nov. 13. No class Dec. 25.			
Aquafit Shallow Ron Andrews Community Recreation Centre - Tank	September 6 - December 20 8:00 AM - 9:00 AM	-	Brigitte L Brigitte L, Keiko M
Aquafit- Shallow Karen Magnussen Community Centre - Wave Pool	September 5 - December 23 8:00 AM - 9:00 AM	15yrs+	TBA
Full Body Blast John Braithwaite Community Centre - Shoreline Multipurpose Room	September 6 - December 27 8:00 AM - 9:00 AM	12yrs+	Christine C
Master Swim 1 Harry Jerome Community Recreation Centre - 4 lanes	September 6 - December 29 8:00 AM - 9:00 AM	15yrs+	Khosro M

No classes Oct. 9, Nov. 13 & Dec. 25.			
Masterswim 2 Delbrook Community Recreation Centre - Lane 3	September 6 - December 29 8:00 AM - 9:15 AM	-	John M
No class Oct 9, Nov 13, Dec 25			
Aerobics Mild+ Delbrook Community Recreation Centre - Ash Room L12	September 6 - December 27 8:30 AM - 9:30 AM	15yrs+	Ivana C
No class Oct 9 or Nov 13			
Cardiac Rehab Phase 3-4 John Braithwaite Community Centre - Meeting Room 1	September 6 - December 29 8:30 AM - 11:30 AM	15yrs+	Jan LJan L, Christina MJan L, Christina M, Joyce D
Aerobics Mild + Parkgate Community Recreation Centre - Parkgate Gym R85	September 6 - December 27 9:00 AM - 10:00 AM	15yrs+	Rose L
Aquafit Shallow Ron Andrews Community Recreation Centre - Tank	September 6 - December 27 9:00 AM - 10:00 AM	-	Brigitte LBrigitte L, Keiko M
Aquafit Shallow -Kick up your cardio combinations (45min) Delbrook Community Recreation Centre - Leisure Pool Games Area (centre)	September 6 - December 27 9:00 AM - 9:45 AM	15yrs+	Judy B
Qi Gong Senior Drop-In John Braithwaite Community Centre - Anchor Multipurpose Room	September 13 - December 13 9:00 AM - 10:00 AM	19yrs+	None
Aerobics Moderate - Legs, Buns & Tums Ron Andrews Community Recreation Centre - Windsor Multipurpose Room	September 6 - December 27 9:05 AM - 10:05 AM	12yrs+	Louis B
Aquafit Shallow Harry Jerome Community Recreation Centre - 4 lanes	September 6 - December 27 9:05 AM - 10:05 AM	15yrs+	Heather K
Aerobics Moderate -On The Ball John Braithwaite Community Centre - Shoreline Multipurpose Room	September 6 - December 27 9:15 AM - 10:15 AM	12yrs+	Julie L
Aerobics Moderate- Muscle Mix Lynn Valley Recreation Community Centre - Cardinal Hall	September 6 - December 27 9:15 AM - 10:15 AM	15yrs+	Anetta S
Sprints, Hills and Drills Harry Jerome Community Recreation Centre - Spin Cycle Studio	October 18 - December 27 9:15 AM - 10:15 AM	15yrs+	Elena V
Aerobics Moderate - Pump it Up Delbrook Community Recreation Centre - Ash Room L12	September 6 - December 27 9:40 AM - 10:40 AM	12yrs+	Louise PLouise P, Jennifer SLouise P, Jennifer S, Paula A
No class Oct 9, Nov 13 or Dec 25			
50+ Circuit Training Karen Magnussen Community Centre - Weight Room	September 6 - December 27 10:00 AM - 11:00 AM	15yrs+	Claire A
Aquafit Deep Delbrook Community Recreation Centre - Lane 3	September 6 - December 27 10:00 AM - 11:00 AM	-	Maria TMaria T, Judy B

No class Oct 9, Nov 13, Dec 25			
Master Swim 2 Ron Andrews Community Recreation Centre - 4 lanes	September 6 - December 29 10:00 AM - 11:15 AM	-	John M
Strictly Stretch for Seniors Parkgate Community Recreation Centre - Parkgate Gym R85	September 6 - December 27 10:00 AM - 10:30 AM	50yrs+	Rose L
50+ Circuit Training Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 4 - December 29 10:30 AM - 11:30 AM	50yrs+	Madeline M
No class Oct. 9, Nov. 13 & Dec. 25.			
Active with Arthritis Level 1 Karen Magnussen Community Centre - Games Pool	September 6 - December 22 10:30 AM - 11:30 AM	15yrs+	Annick G
Osteo+Mild Aerobics Parkgate Community Recreation Centre - Large Multipurpose Room R63	September 6 - December 20 10:30 AM - 11:30 AM	-	Rose L
This class is now part of fitness membership classes			
Tai Chi Yang Style All Forms Senior Drop-In John Braithwaite Community Centre - Shoreline Multipurpose Room	September 13 - December 13 10:45 AM - 11:45 AM	-	None
Osteo/Arthritis Delbrook Community Recreation Centre - Ash Room L12	September 6 - December 27 10:50 AM - 11:50 AM	-	Louise P Louise P, Jennifer S
Monday classes moved to the Ash Room starting October 16. No class Oct 9, Nov 13, or Dec 25			
YoFit Delbrook Community Recreation Centre - Maple Room U03	September 6 - December 29 12:00 PM - 12:45 PM	16yrs+	Kelly L Kelly L, Mehrnoush A Kelly L, Mehnoush A, Nikki J
No class Oct 9, Nov 13, Dec 25			
Simply Step Memorial Community Recreation Centre - Memorial Gym	October 4 - December 27 12:10 PM - 12:50 PM	-	Louise P
To the Core John Braithwaite Community Centre - Shoreline Multipurpose Room	September 6 - December 27 12:10 PM - 12:55 PM	12yrs+	TBA
Cardiac Rehab Phase 3-4 Ron Andrews Community Recreation Centre - Jessica Monroe Weight Room	September 6 - December 22 1:00 PM - 2:15 PM	15yrs+	Jon C
No class September 4 and October 9, 2017.			
50+ Circuit Training Mild Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 6 - December 27 1:30 PM - 2:30 PM	50yrs+	Sharon S
Mom or Dad & Me Yoga - Adults Drop-In North Shore Neighbourhood House - Inman Room	September 20 - November 29 4:15 PM - 5:15 PM	6yrs - 65yrs	None
Aerobics Moderate - Legs, Bums, Tums	September 6 - December 27 5:30 PM - 6:30 PM	12yrs+	Diana C

Delbrook Community Recreation Centre - Ash Room L12

CLASS CANCELLED: Wed, Oct 4 due to no instructor available to teach. No class Oct 9, Nov 13, or Dec 25 due to Stat Holidays.

Cycle Fitness

Harry Jerome Community Recreation Centre - Spin Cycle Studio

September 6 - December 27
5:30 PM - 6:30 PM

15yrs+

Serena D

YoFit

Delbrook Community Recreation Centre - Maple Room U03

September 20 - December 27
5:30 PM - 6:30 PM

16yrs+

Brigitte L

Time and location change: 5:40pm, Nov 22 in Arbutus Room

Aerobics Intense - Aerobics Moderate ++

Memorial Community Recreation Centre - Capilano Multipurpose Room

September 6 - December 27
5:35 PM - 6:45 PM

15yrs+

Andrea B

No Class Mondays Sept. 25, Oct. 9, Oct. 23, Nov. 13, Nov. 20, Dec. 11 & Dec. 25

Aerobics Moderate- Cardio Kickbox

Lynn Valley Recreation Community Centre - Cardinal Hall

September 6 - December 27
6:00 PM - 7:00 PM

15yrs+

Christine C

YoFit

John Braithwaite Community Centre - Shoreline Multipurpose Room

September 6 - December 27
6:00 PM - 7:00 PM

12yrs+

Kelly L

Aerobics Intense- Bootcamp

Parkgate Community Recreation Centre - Parkgate Gym R85

September 6 - December 27
6:15 PM - 7:30 PM

16yrs+

Elena V

*75min class

YoFit

Ron Andrews Community Recreation Centre - Windsor Multipurpose Room

September 6 - December 27
6:35 PM - 7:35 PM

15yrs+

Kate F

Aquafit Deep

Delbrook Community Recreation Centre - Lane 3

September 6 - December 27
7:30 PM - 8:30 PM

-

Maria T

No class Oct 9, Nov 13, Dec 25

Circuit Workout \$2

Harry Jerome Community Recreation Centre - Circuit Training Weight Room

September 6 - December 27
7:30 PM - 8:30 PM

15yrs+

Steve W

Master Swim 2

Ron Andrews Community Recreation Centre - 4 lanes

September 6 - December 27
7:30 PM - 8:45 PM

-

John M

Thursday

Class/Facility

Date/Time

Age

Instructor(s)

Master Swim 2

Harry Jerome Community Recreation Centre - 4 lanes

September 5 - December 28
6:00 AM - 7:00 AM

15yrs+

Khosro M

Aerobics Intense- Bootcamp

Ron Andrews Community Recreation Centre - Windsor Multipurpose Room

September 7 - December 28
6:15 AM - 7:15 AM

15yrs+

Andrenea T

Cycle Fitness Harry Jerome Community Recreation Centre - Spin Cycle Studio	September 5 - December 28 6:30 AM - 7:30 AM	15yrs+	Katherine T
No classes Oct. 3 or Oct. 5			
YoFit Delbrook Community Recreation Centre - Ash Room L12	September 5 - December 28 7:00 AM - 8:00 AM	16yrs+	Maureen D
No class Dec 26			
Aquafit Deep Ron Andrews Community Recreation Centre - 3 lanes	September 5 - December 28 8:00 AM - 9:00 AM	-	Mary Jane P
Aquafit Shallow Harry Jerome Community Recreation Centre - 4 lanes	September 5 - December 28 8:00 AM - 9:00 AM	15yrs+	None
Aquafit- Shallow Karen Magnussen Community Centre - Wave Pool	September 5 - December 23 8:00 AM - 9:00 AM	15yrs+	TBA
Circuit Training Beginners Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 5 - December 28 8:00 AM - 9:00 AM	15yrs+	Steve W Steve W, Rose L
No class Dec. 26			
50+ Circuit Training Parkgate Community Recreation Centre - Weight Rm - R92	September 7 - December 28 8:30 AM - 9:30 AM	50yrs+	Elena V
Aquafit- Shallow Mild Karen Magnussen Community Centre - Wave Pool	September 5 - December 21 9:00 AM - 10:00 AM	15yrs+	Susan F
YoStretch Delbrook Community Recreation Centre - Arbutus Room M24	September 5 - December 28 9:00 AM - 10:00 AM	16yrs+	Rosemary C
No class Dec 26			
Step Fitness - Step Strength Ron Andrews Community Recreation Centre - Windsor Multipurpose Room	September 7 - December 28 9:05 AM - 10:05 AM	-	Ashifa S
Aerobics Moderate- Cardio, Strength and Stretch \$2 Parkgate Community Recreation Centre - Large Multipurpose Room R63	September 7 - December 28 9:15 AM - 10:15 AM	15yrs+	Mehrnoush A
Circuit Training Workout Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 5 - December 28 9:15 AM - 10:15 AM	15yrs+	Steve W
Cycle Fitness Harry Jerome Community Recreation Centre - Spin Cycle Studio	September 7 - December 28 9:15 AM - 10:15 AM	15yrs+	Sharon M
Master Swim 1 Ron Andrews Community Recreation Centre - 4 lanes	September 5 - December 28 9:15 AM - 10:15 AM	-	John M
Active with Arthritis Level 2 Karen Magnussen Community Centre - Games Pool	September 5 - December 21 10:00 AM - 11:00 AM	15yrs+	Annick G

Aquafit Shallow Delbrook Community Recreation Centre - Leisure Pool Games Area (centre)	September 5 - December 28 10:00 AM - 11:00 AM	-	None
NO CLASS Dec 26			
Elderobics Delbrook Community Recreation Centre - Arbutus Room M24	September 5 - December 28 10:15 AM - 11:15 AM	65yrs+	Christine Mary C
Aerobics Mild Memorial Community Recreation Centre - Memorial Gym	September 5 - December 28 10:30 AM - 11:30 AM	15yrs+	Jan L
No class Dec. 26.			
Aerobics Mild- Core Strength & Balance John Braithwaite Community Centre - Shoreline Multipurpose Room	September 7 - December 28 10:30 AM - 11:30 AM	19yrs+	TBA
Circuit Training Mild Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 5 - December 28 10:30 AM - 11:30 AM	15yrs+	Steve W
no class Dec. 26			
Gentle Yoga Senior Drop-In John Braithwaite Community Centre - Anchor Multipurpose Room	September 14 - December 21 10:45 AM - 12:15 PM	-	None
Aquafit Shallow Adapted \$2 Delbrook Community Recreation Centre - Leisure Pool Games Area (centre)	September 5 - December 28 11:00 AM - 11:45 AM	-	Annick G
NO CLASS Dec 26			
Supervised Rehab Parkgate Community Recreation Centre - Weight Rm - R92	September 7 - December 28 11:00 AM - 12:00 PM	15yrs+	None
Aerobics Moderate- Core & Stretch Memorial Community Recreation Centre - Memorial Gym	October 5 - December 21 12:10 PM - 12:50 PM	15yrs+	Cindy P
Bootcamp- Membership or Drop-In North Shore Neighbourhood House - Gym	September 7 - November 30 12:10 PM - 1:00 PM	-	Christine C
YoFit John Braithwaite Community Centre - Shoreline Multipurpose Room	September 7, 2017 - January 4 12:10 PM - 12:55 PM	15yrs+	TBA
Cycle Fitness Harry Jerome Community Recreation Centre - Spin Cycle Studio	September 7 - December 28 12:15 PM - 1:00 PM	15yrs+	Jacqueline J
SongShine John Braithwaite Community Centre - Anchor Multipurpose Room	September 14 - November 30 1:00 PM - 2:00 PM	-	None
Cycle Fitness Harry Jerome Community Recreation Centre - Spin Cycle Studio	September 7 - December 28 5:30 PM - 6:30 PM	15yrs+	Andrea E
No class Oct. 12.			
Aerobics Mild+ Memorial Community Recreation Centre -	September 5 - December 28 5:55 PM - 6:55 PM	15yrs+	May M

Capilano Multipurpose Room			
No class Dec.12 & 26			
Aerobics Intense- Bootcamp Delbrook Community Recreation Centre - Ash Room L12	September 7 - December 21 6:15 PM - 7:15 PM	15yrs+	Sharon M
Class cancelled Oct 12 due to instructor sickness.			
Aerobics Moderate- Legs, Bums & Tums Parkgate Community Recreation Centre - Large Multipurpose Room R63	September 7 - December 28 6:15 PM - 7:15 PM	15yrs+	Elena V
Cardiac Rehab Phase 3-4 Memorial Community Recreation Centre - Off Capilano Room	September 5 - December 21 6:30 PM - 7:45 PM	15yrs+	Amir B Amir B, Laura H
Aquafit Deep Ron Andrews Community Recreation Centre - Tank	September 5 - December 28 7:30 PM - 8:30 PM	-	None

Friday			
Class/Facility	Date/Time	Age	Instructor(s)
Master Swim 2 Ron Andrews Community Recreation Centre - 4 lanes	September 6 - December 29 5:30 AM - 6:30 AM	-	TBA
Master Swim 2 Harry Jerome Community Recreation Centre - 4 lanes	September 6 - December 29 6:00 AM - 7:00 AM	15yrs+	Khosro M
Class on Monday Oct. 9 will be held from 8:00am - 9:00am. No classes Nov. 13 & Dec. 25.			
Cardiac Rehab Phase 3-4 Memorial Community Recreation Centre - Capilano Multipurpose Room	September 6 - December 22 7:00 AM - 8:30 AM	15yrs+	Nancy C Nancy C, Christina M Nancy C, Christina M, Keiko M Nancy C, Christina M, Keiko M, Jon C
No classes Oct. 9 or Nov. 13.			
Aerobics Mild - Forever Young Delbrook Community Recreation Centre - Arbutus Room M24	September 6 - December 18 7:30 AM - 8:30 AM	12yrs+	Barbara P Barbara P, Christina M
No classes: Oct 9, Nov 13, and Dec 25.			
Cardiac Rehab Phase 3-4 Parkgate Community Recreation Centre - Large Multipurpose Room R63	September 8 - December 29 7:30 AM - 8:30 AM	15yrs+	None
Aquafit Shallow - Intervals Ron Andrews Community Recreation Centre - Tank	September 8 - December 29 7:45 AM - 8:30 AM	15yrs+	Cindy P
50+ Circuit Training Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 4 - December 29 8:00 AM - 9:00 AM	50yrs+	Madeline M
This class will run on Oct. 9 and Nov. 13. No class Dec. 25.			
	September 5 - December 23	15yrs+	TBA

Aquafit- Shallow Karen Magnussen Community Centre - Wave Pool	8:00 AM - 9:00 AM		
Master Swim 1 Harry Jerome Community Recreation Centre - 4 lanes	September 6 - December 29 8:00 AM - 9:00 AM	15yrs+	Khosro M
No classes Oct. 9, Nov. 13 & Dec. 25.			
Masterswim 2 Delbrook Community Recreation Centre - Lane 3	September 6 - December 29 8:00 AM - 9:15 AM	-	John M
No class Oct 9, Nov 13, Dec 25			
Aerobics Intense HINRG Delbrook Community Recreation Centre - Gymnasium	December 29 8:25 AM - 9:25 AM	15yrs+	Diana C
YoFit Delbrook Community Recreation Centre - Maple Room U03	September 8 - December 29 8:25 AM - 9:25 AM	16yrs+	Maureen D
Cardiac Rehab Phase 3-4 John Braithwaite Community Centre - Meeting Room 1	September 6 - December 29 8:30 AM - 11:30 AM	15yrs+	Jan Ljan L, Christina Mjan L, Christina M, Joyce D
Aerobics Mild + Parkgate Community Recreation Centre - Parkgate Gym Quadrant D	September 8 - December 29 9:00 AM - 10:00 AM	15yrs+	Ivana C
Step Fitness - Step 'N Sculpt Parkgate Community Recreation Centre - Large Multipurpose Room R63	September 8 - December 29 9:00 AM - 10:15 AM	15yrs+	Charlotte G
This class is 75 minutes *Note new time is 9:00am			
Aquafit Shallow/Deep Harry Jerome Community Recreation Centre - 4 lanes	September 8 - December 29 9:05 AM - 10:05 AM	15yrs+	Keiko M
Aerobics Moderate - Moderate+ John Braithwaite Community Centre - Shoreline Multipurpose Room	September 8 - December 29 9:15 AM - 10:15 AM	16yrs+	Christine C
Strictly Stretch 55min \$2 Ron Andrews Community Recreation Centre - Windsor Multipurpose Room	September 1 - December 29 9:15 AM - 10:10 AM	15yrs+	Heather F
YoFit North Shore Neighbourhood House - Gym	September 1 - December 1 9:15 AM - 10:15 AM	14yrs+	Charlene F
Qi Gong Senior Drop-In John Braithwaite Community Centre - Anchor Multipurpose Room	September 15 - December 15 9:30 AM - 10:30 AM	19yrs+	None
Aerobics Mild+ Delbrook Community Recreation Centre - Ash Room L12	September 8 - December 29 9:35 AM - 10:35 AM	15yrs+	Louise PLouise P, Paula A
50+ Circuit Training Karen Magnussen Community Centre - Weight Room	September 8 - December 29 10:00 AM - 11:00 AM	15yrs+	Rose L
Aquafit Deep Delbrook Community Recreation Centre - Lane 3	September 8 - December 29 10:00 AM - 11:00 AM	15yrs+	Mary Jane P

Master Swim 2 Ron Andrews Community Recreation Centre - 4 lanes	September 6 - December 29 10:00 AM - 11:15 AM	-	John M
Strictly Stretch for Seniors Parkgate Community Recreation Centre - Parkgate Gym Quadrant D	September 8 - December 29 10:00 AM - 10:30 AM	50yrs+	Ivana C
50+ Circuit Training Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 4 - December 29 10:30 AM - 11:30 AM	50yrs+	Madeline M
No class Oct. 9, Nov. 13 & Dec. 25.			
Active with Arthritis Level 1 Karen Magnussen Community Centre - Games Pool	September 6 - December 22 10:30 AM - 11:30 AM	15yrs+	Annick G
Aerobics Mild Parkgate Community Recreation Centre - Parkgate Gym Quadrant D	September 8 - December 29 10:30 AM - 11:30 AM	15yrs+	Ivana C
Chair Aerobics Delbrook Community Recreation Centre - Arbutus Room M24	September 8 - December 29 11:00 AM - 12:00 PM	-	Keiko M
YoFit Delbrook Community Recreation Centre - Maple Room U03	September 6 - December 29 12:00 PM - 12:45 PM	16yrs+	Kelly L, Kelly L, Mehrnoush A, Mehrnoush A, Nikki J
No class Oct 9, Nov 13, Dec 25			
Step 'N Sculpt Memorial Community Recreation Centre - Memorial Gym	September 8 - December 29 12:10 PM - 12:50 PM	15yrs+	Louise P
No class Oct. 27.			
Cardiac Rehab Phase 3-4 Ron Andrews Community Recreation Centre - Jessica Monroe Weight Room	September 6 - December 22 1:00 PM - 2:15 PM	15yrs+	Jon C
No class September 4 and October 9, 2017.			
50+ Circuit Training Mild Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 8 - December 29 1:30 PM - 2:30 PM	50yrs+	Colleen E
No classes Oct. 9, Nov. 13 & Dec. 25.			
Aerobics Intense - Aerobics Moderate ++ Mickey McDougall Community Centre - Mickey McDougall Gym	September 15 - December 22 5:20 PM - 6:30 PM	15yrs+	Andrea B
No Class Oct. 9, Nov. 13, Dec. 25			
YoFit Delbrook Community Recreation Centre - Arbutus Room M24	September 8 - December 29 5:30 PM - 6:30 PM	16yrs+	Mehrnoush A
YoFit Ron Andrews Community Recreation Centre - Windsor Multipurpose Room	September 1 - December 29 6:45 PM - 7:35 PM	15yrs+	Charlotte G

Saturday

Class/Facility	Date/Time	Age	Instructor(s)
Aquafit- Shallow Karen Magnussen Community Centre - Wave Pool	September 5 - December 23 8:00 AM - 9:00 AM	15yrs+	TBA
Step Fitness - Super Step John Braithwaite Community Centre - Shoreline Multipurpose Room	September 2 - December 30 8:15 AM - 9:30 AM	16yrs+	Blair P
Aerobics Intense- Bootcamp Parkgate Community Recreation Centre - Parkgate Gym Quadrants AB	September 16 - December 30 8:30 AM - 10:00 AM	16yrs+	Christine C Christine C, Elena V
*90min class No class Dec 2			
Aerobics Intense Interval Body Cond Mickey McDougall Community Centre - Mickey McDougall Gym	September 9 - December 23 9:00 AM - 10:15 AM	15yrs+	Andrea B
No class Dec. 30.			
Aerobics Mild Memorial Community Recreation Centre - Capilano Multipurpose Room	September 9 - December 30 9:00 AM - 10:00 AM	15yrs+	May M
Aerobics Moderate Memorial Community Recreation Centre - Memorial Gym	September 9 - December 30 9:00 AM - 10:00 AM	15yrs+	Diana C
Aerobics Moderate- Pump It Up Parkgate Community Recreation Centre - Large Multipurpose Room R63	September 16 - December 23 9:00 AM - 10:15 AM	15yrs+	Penny S Penny S, Kelda G
*75min class			
Circuit Workout Harry Jerome Community Recreation Centre - Circuit Training Weight Room	September 9 - December 30 9:00 AM - 10:00 AM	15yrs+	Rose L
Cycle Fitness Harry Jerome Community Recreation Centre - Spin Cycle Studio	October 14 - December 2 9:30 AM - 10:30 AM	15yrs+	Steve W Steve W, Janet L Steve W, Janet L, Cindy P
Aerobics Moderate - Legs, Bums & Tums John Braithwaite Community Centre - Shoreline Multipurpose Room	September 2 - December 30 9:35 AM - 10:35 AM	12yrs+	Kyla S Kyla S, Anetta S
Zumba Workout \$2 Drop-In Memorial Community Recreation Centre - Memorial Gym	September 9 - December 23 10:15 AM - 11:15 AM	16yrs+	Svetlana S
Strictly Stretch John Braithwaite Community Centre - Shoreline Multipurpose Room	September 2 - December 30 10:45 AM - 11:45 AM	12yrs+	Penny S
Bootcamp- Membership or Drop-In North Shore Neighbourhood House - Gym	September 9 - December 2 11:15 AM - 12:30 PM	-	Christine C Christine C, Toni V
No classes Oct 7 & Nov 11			
Aerobics Mild \$2 Women only Memorial Community Recreation Centre - Capilano Multipurpose Room	September 9 - December 30 11:30 AM - 12:30 PM	15yrs+	May M

Aquafit Deep Ron Andrews Community Recreation Centre - Tank	September 9 - December 30 4:30 PM - 5:30 PM	-	Mary Jane P
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Sunday

Class/Facility	Date/Time	Age	Instructor(s)
Aquafit- Shallow Karen Magnussen Community Centre - Wave Pool	September 5 - December 23 8:00 AM - 9:00 AM	15yrs+	TBA
Aerobics Moderate- Legs, Bums & Tums Memorial Community Recreation Centre - Memorial Gym	September 10 - December 31 9:00 AM - 10:15 AM	15yrs+	May M
Step Fitness - Super Step- Intense Ron Andrews Community Recreation Centre - Windsor Multipurpose Room	September 3 - December 31 9:00 AM - 10:15 AM	-	Charlotte G
Circuit Training Parkgate Community Recreation Centre - Weight Rm - R92	September 10 - December 31 9:15 AM - 10:15 AM	15yrs+	Rose L
YoFit Delbrook Community Recreation Centre - Ash Room L12	October 22 - December 31 9:30 AM - 10:30 AM	16yrs+	None
New Instructor: Sonbol will instruct this program as of Oct 22. NO CLASS ON: Dec 24			
Aquafit Shallow - WOMEN'S ONLY Ron Andrews Community Recreation Centre - Tank	September 10 - December 17 8:45 PM - 9:30 PM	-	TBA

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