

Group Fitness @ False Creek Community Centre



- Drop-ins available if space permits
- Please see front office for more information
- Rise and Shine Yoga is registration only

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am			Pilates—All levels 7:50-8:50am	Boot Camp 7:30-8:30am	Rise and Shine Yoga 7:00-8:00am		
	Zoomerfit 9:15-10:15am	Morning Fit 9:15-10:15am	Zoomerfit 9:15-10:15am	Core control 9:15-10:15am	NIA with Noelle 9:15-11:00am	Morning Fit 9:15-10:15am	Expressive Body 10:00-11:30am
	Medical Qigong 9:15-10:30am		Osteofit (Tu Th) 10:30-11:30am	Medical Qigong 10:15-11:30am	Mom & Baby Barre 10:00-11:00am	Method of Modern Movement 9:30-10:30am	NIA Team Joy 11:00-12:15pm
			NIA with Noelle 9:15-11:00am		Iyengar Yoga Gentle		
PM		Iyengar Yoga 1 & 2 6:00-7:30pm	Zumba 6:15-7:15pm	Iyengar Yoga Mixed 5:30-7:00pm	Joy of Gentle Yoga 1:30-2:45pm		
		Yoga 4 Stiff Guys All Levels 7:00-8:00pm		Yoga 4 Stiff Guys Basic Plus 7:30-8:30pm	Abs, Butt and Core 5:45-6:45pm		
					Hoop Dance 7:15-8:15pm		