

Registration begins 1 week prior to the next month of classes. You must pre-register online for each class you plan on attending. You may cancel according to our cancellation policy in our member handbook, if you fail to cancel and don't show you will be charged. ANYONE MAY PURCHASE FITNESS PUNCH CARDS. DUE TO RESTRICTIONS DURING THE COVID 19 OUTBREAK PARTICIPANTS WILL BE REQUIRED TO WEAR MASKS DURING ALL INDOOR CLASSES.

Down N' Gritty:

A non-stop, full-body, no equipment cross-training class designed to improve muscular endurance, agility, and overall conditioning.

IM=X Pilates:

Lengthen your spine, strengthen your core and improve your flexibility & overall strength with this innovative Pilates class. All levels are welcome! During August this class will be held. Please wear appropriate clothing and shoes. Social distancing rules (6 ft.) will be used for participants however masks are not required.

The class size is limited to 6 people.

Kung Fu:

The Shaolin program in Fraser Valley is designed to introduce several styles within the Art, including Tai Chi, Animal styles, classical weapons and practical self-defense techniques. Beginners learn the internal aspects of Shaolin with simple Chi-Kung exercises and a 24-posture combined style Tai Chi form and are introduced to the external aspects of the Art through basic stances, sparring, and eagle claw self-defense techniques. As students' progress they learn many more styles, including things like Tiger, Crane, Monkey and Mantis; weapons like Bow Staff and Er Chie Ku as well as other internal arts like Pa Kua Chang and Hsing I Chuan. Advanced students also practice complex styles like the Fists of Flower Mountain and Drunken Immortal Boxing, adding weapons like Broadsword, Spear and 3-sectional Staff. Fraser Valley Recreation classes in Shaolin meet twice a week on Monday and Wednesday evenings. Students are encouraged to practice and advance at their own pace and instructors are available to assist students outside of class times on a limited basis. The first hour will be an all belts class and the second hour will a higher belts class.

Mat Pilates:

Pilates is a method of physical movement designed to stretch, strengthen and balance the body. The focus of Mat Pilates is strengthening the core, incorporating the whole body so that postural symmetry, flexibility, joint mobility and muscular strength are all results. Using props and the classic Joseph Pilates exercises, you will leave this class feeling stronger, leaner, longer and energized. All levels. Social distancing rules will be observed and masks are required. Max 8 participants

Power Sculpt:

This is a high intensity, high energy, short duration intervals and circuits combining power movements and strength training used to define all major muscle groups of the body. If you are serious about exercise and your workouts- this class is for you. Be prepared to work at a higher level of cardiovascular endurance and push yourself to the next level. Each class is different and uses a variety of equipment and weights. The class will be held outside when possible so please dress appropriately. Social distancing rules will be observed however masks are not required. **Higher Level Class**

Trapeze/Aerial Hoop: Class will consist of a thorough warm up, followed by conditioning on and off the trapeze or aerial hoop. This class is geared towards beginners and first timers, but more difficult skills will be taught to more advanced students. New skills will be taught for each class, and old skills revisited. We will explore transitions between moves, and sequence building. We will train flexibility at the end of class. Online reservations are required. Max count is 5 participants. Cost is \$10 for members, \$15 for non-members. Participants must be 12 or older.

Silver Sneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. During Sept this class will be held outside under the roof on the pool patio when weather permits. Please wear appropriate clothing and shoes. Social distancing rules will be observed however masks are not required. The class size is limited to 8 people.

Spin Circuit:

Get results with this high intensity interval Spinning combined with strength exercises targeting all muscle groups. This class starts with a warm up and stretches. You will then be on the bike spinning anywhere between 1 minute to 10 minutes at a time, getting off the bike to complete a circuit and back on the bike to finish a couple of more rounds. Circuit workout will incorporate a variety of exercises as well as using hand weights and other props around the gym. We will end the class with an AB workout and cool down. You will need athletic shoes and water bottle. We will have a lot of fun so also bring along your energy and a great attitude!

Yoga for Every Body:

In this class we will blend traditional Hatha and Vinyasa yoga. Yoga is for every type of body and every person who has the desire to connect their physical body and spirit through movement and deep stretching. We will explore slow flow and the twists and turns of yoga in relation to life and our personal intentions. As we move through Vinyasa flow, continuous movements will help you stretch each muscle

and strengthen it simultaneously. This increases your range of motion as well as mobility. We will sync our breathing with our movements, bringing fresh oxygen to fuel and loosen up all muscles. When the muscles are flexed, the stress is released and reduced from the ligaments, joints, and tendons. This prevents injuries, tears, and muscle pulls. This is an inclusive yoga class and I encourage all levels to join. When on our mats, we are all yogis, finding the spaces between our asanas. Props will be used to deepen our practice and for gentle modifications.

Yoga Fusion:

Yoga Fusion blends traditional yoga postures with other low impact exercises such as Pilates and toning. This class will work towards improving balance, strength, and flexibility. It is a dynamic class which allows time for stillness, breathing, body awareness and hands on adjustments from the instructor. Props such as blocks, blankets, bolsters and straps are available to support and enhance the poses. All levels welcome as modifications are given as needed