

The Nautilus Fitness Center at the Marshall Community Center is your West Vancouver source for an affordable, enjoyable fitness facility. For information about the east side fitness opportunities at the Firstenburg Community Center, please see page 19.

Marshall Community Center

1009 E. McLoughlin Blvd
See page 30 for hours of operation.

Sunday Survival Triathlon!

Marshall Center's 2nd Annual Indoor Triathlon consists of a 20-minute swim in a 25-yard pool, 20-minute bike on a stationary bike, and a 20-minute run on a treadmill. Participants obtain points based on the distance covered in each discipline, with the winner receiving the most points. Six person waves are sent every 20 minutes. It is a great opportunity for beginners to give triathlons a try and for triathletes to start off the season! Register by 2/3. Limited space. Sign up in person at the Marshall Community Center.

75705 Su 2/7
7:30am-12pm \$40

Biggest Weight Loss Challenge!

Let our certified Personal Trainer guide you and your team to success. Teams that lose the most percentage of weight, and individuals who make the most percent improvement in a variety of categories will be crowned champions and win prizes. Additional workouts or sessions are up to you (membership is not included in the price), but the more you do, the more likely you are to win and make significant changes. MCC Nautilus Fitness Center. 13 wks.

75772 W 1/13-4/7
6:20-7:20pm \$205 per person

12-Week Advanced Weight Loss

Hit a plateau? This 12-week program includes advanced techniques to lose the extra weight you have been struggling with. Class includes before & after measurements and fitness assessments to gauge progress.

75770 W 4-5pm
1/4-3/24 \$150

Child Watch

(3 months - 10 years old)

M-F 7:45-11:45am

M-Th 5-6:45pm

Sa 8am-noon

\$2 per 90-minute session per child.

\$40 for 21-visit punch (each visit is 90 min.)

Fitness Center Age Requirements

Ages 16 and over may exercise on their own.

Ages 15 and under are not allowed in the Fitness Center, with the exception of ages 13-15 who complete the Teen Orientation Class (\$31) or the Teen Orientation Session (\$56).

Ages 10-15 may participate in group exercise classes with an adult. They may also use cardio machines in the fitness center with an adult after presenting a doctor's note with approval for exercise, proof of age, and approval from the Fitness Coordinator.

FITNESS SERVICES

Fitness Services are performed by our Personal Trainers. Contact the Fitness Desk at 487-7090 to get scheduling information.

Personal Training

One-on-one time with a certified personal trainer

1 session: \$56 5 sessions: \$252

10 sessions: \$448

Group Training

Add \$10 per person, per hour (can not be applied to Teen Orientations.)

Body Composition Assessment

Body composition analysis with Lange Skinfold calipers. \$16

Fitness Assessment

Includes: Blood pressure, heart rate, body composition, cardiovascular endurance, flexibility, muscular strength. \$31

SPECIALTY PROGRAMS FOR YOUTH AND TEENS

Teen Orientation Session

Ages 13-15. Get access to exercise on your own (cardio and weights) after attending this one-on-one, customized session with a certified personal trainer. "Teen Orientation Class" is an alternate option. \$56

Teen Orientation Class

Ages 13-15. Get access to exercise on your own (cardio and weights) after completing these thorough classes. Participants must attend all four classes and pass a test at the end of the last class. \$31

T/Th 3-3:45pm

75711 1/12-1/21

75713 3/2-3/11

M/W 4-4:45pm

75712 2/8-2/17

75714 4/19-4/28

Zumbatomic®

Kids love to crank up the music. With this class they will learn modified Zumba moves that will make them shake and wiggle to International music. No class 3/29.

M \$16

Ages 4-7

4-4:30pm

75788 Jan

75789 Feb

75791 Mar

75792 Apr

Ages 8-12

4:35-5:20pm

75759 Jan

75760 Feb

75761 Mar

75762 Apr

Youth Yoga

Children ages 7-12 years old will improve health, concentration, physical fitness, emotional balance, self-esteem, relieves stress, and encourages cooperation through basic yoga poses!

W 4-4:45pm Oak Room \$16

75614 Jan

75615 Feb

75616 Mar (No Class 3/31)

75617 Apr

Teen and Adult Specialty programs take place in the Nautilus Fitness Center unless otherwise noted. Register 48 hours in advance.

SPECIALTY PROGRAMS FOR ADULTS

Zumba® Party

Ditch the workout, join the party in this 1.5 hour class by combining amazing, irresistible Latin and international music with dynamic, yet simple exercise moves. \$5 per person – Men FREE! Luepke Community Room.

F 6-7:30pm
75651 2/26 **75652** 4/23

 **Masala Bhangra Workout®**

This exercise dance routine modernizes the high-energy folk dance of Bhangra by blending traditional Bhangra dance and the exhilaration of Bollywood moves! This unique dance mixes cardiovascular with fun, and is suitable for ages 12 up and all fitness levels.

T 4:30-5:25pm Oak/Elm Room \$25

75804 Jan
75805 Feb
75806 Mar (No class 3/30)
75807 Apr

Senior Circuit

Designed for seniors, this class uses the selectorized weight equipment in the fitness center.

T/Th 9-9:45am \$30 / free to passholders
75602 Jan **75603** Feb
75604 Mar **75605** Apr

Chair Fitness

Use a chair for support while working on strength, flexibility, and balance. Class uses weights, bands and balls. MCC Aerobics/Dance Studio

T/Th 10:30-11:30am
 \$30 / free to passholders
75590 Jan **75591** Feb
75592 Mar **75593** Apr

Chair Yoga

In the safety of your chair you can improve strength, flexibility, and balance. MCC Oak Room.

M/W 10:30-11:30am \$30
75594 Jan **75595** Feb
75596 Mar **75597** Apr

Basic T'ai Chi

Soft, continuous movements that promote balance and good health. MCC Oak Room.

T/Th 11:30am-12:15pm \$24
75598 Jan **75599** Feb
75600 Mar **75601** Apr

Fat Burner

Cardiovascular and resistance training that will burn the most calories in the least amount of time. No class 1/18.

M/W 5:10-6:10pm \$85
75773 1/13-2/15
75774 3/1-3/24
75775 4/7-5/3

Pilates Against Poverty

Instructor donates 50% of proceeds to World Vision. This small group personal training class emphasizes abdominals and entire back musculature. Aerobics/Dance Studio.

W 4:15-5pm \$40
75777 1/6-1/27 **75778** 2/3-2/24
75779 3/3-3/24 **75784** 4/7-4/28

Fitness for All

A special exercise class that focuses on the joys of physical fitness and overall health for people with cognitive developmental disabilities. Must be mobile and have some form of communication skills in order to participate. MCC Aerobics/Dance Studio

T/Th 11:30-12:15pm \$30
73369 1/5-1/28 **73370** 2/2-2/25
73371 3/2-3/25 **73372** 4/6-4/29

GROUP EXERCISE SCHEDULE

Effective January 2, 2009. Class schedule may change at any time.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	Wake Up Call	Cycle	Wake Up Call	Cycle		
7:45am	Fit for Life	Mat Pilates ²	Fit for Life	Mat Pilates ²	Fit for Life	Cycle ²
8:45am	Gentle Stretch		Gentle Stretch		Gentle Stretch	
9:00am	Quad Step ²	Zumba	Cardio Party ²	Cycle	Cardio Party ²	Cardio Party
9:50am		Zumba Sculpt				
10:15am	Low Impact		Low Impact		Low Impact ¹	Mat Pilates
10:30am	Chair Yoga \$	Chair Fitness \$	Chair Yoga \$	Chair Fitness \$		
11:25am	Qigong		Qigong			
11:30am		Fitness for All \$		Fitness for All \$		
11:30am		Basic T'ai Chi \$		Basic T'ai Chi \$		
12:15pm	Cycle	Gentle Yoga	Zumba	Gentle Yoga	Cycle	
4:00pm	Zumbatomic \$					
4:30pm		Kickboxing		Kickboxing		
4:30pm		Masala Bhangra Workout \$				
5:30pm	Cardio Party	Happy Hour Tone	Cardio Party	Happy Hour Tone		
6:30pm	Fitness Yoga	Cycle ²	Flow Yoga	Cycle ²		
7:30pm		Zumba	Mat Pilates	Zumba		

\$ Specialty classes

Fee and registration required. Some classes take place in Oak Room.

¹ Drums Alive Every 2nd and 4th Friday of the month

² Class starts 5 minutes later