



Chilliwack Family YMCA  
We build strong kids,  
strong families, strong communities.

# Chilliwack Family YMCA Hocking Centre

## Land Fitness Schedule April 28- June 29, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Fit Plus <sup>4</sup> 6:30-7:30 am		Cycle Fit <sup>4</sup> 6:30-7:15 am		Cycle Fit Plus <sup>4</sup> 6:30-7:30 am		<b>Levels</b> 1 = mild 2 = moderate (low impact) 3 = moderate/ intense (low/high impact) 4 = Intense
Cardiac Care <sup>1</sup> <i>Consultation Required</i> 7:30-9:00 am	Briskfit <sup>2</sup> 9:00-10:00 am <i>Landing Sports Centre</i>	Cardiac Care <sup>1</sup> <i>Consultation Required</i> 7:30-9:00 am	Briskfit <sup>2</sup> 9:00-10:00 am <i>Landing Sports Centre</i>	Cardiac Care <sup>1</sup> <i>Consultation Required</i> 7:30-9:00 am		
Fit & Beyond <sup>4</sup> 9:15-10:15 am	Cooperative program with Senior Resources	Fit & Beyond <sup>4</sup> 9:15-10:15 am	Cooperative program with Senior Resources	Fit & Beyond <sup>4</sup> 9:15-10:15 am	Cycle Fit Plus <sup>4</sup> 9:00-10:00 am	
Lifestyle Fitness <sup>2</sup> 10:30-11:15 am	Gentle Yoga <sup>2</sup> <i>Registered</i> 9:00-10:15 am	Lifestyle Fitness <sup>2</sup> 10:30-11:15 am	Better Bones & Balance <sup>2</sup> 9:30-10:30 am	Lifestyle Fitness <sup>2</sup> 10:30-11:15 am		
Stretch Class <sup>2</sup> 11:15-12:00 pm	Osteofit <sup>2</sup> <i>Consultation Required</i> 11:00-12:00 pm	Stretch Class <sup>2</sup> 11:15 -12:00 pm	Osteofit <sup>2</sup> <i>Consultation Required</i> 11:00-12:00 pm	Stretch Class <sup>2</sup> 11:15 -12:00 pm		
Move to Improve <sup>1</sup> <i>Consultation Required</i> 1:00-4:00 pm	Move to Improve <sup>1</sup> <i>Consultation Required</i> 1:00-4:00 pm		Move to Improve <sup>1</sup> <i>Consultation Required</i> 1:00-4:00 pm			
Smart Sculpt <sup>3</sup> 5:30-6:20 pm						
Fusion <sup>3</sup> 7:00-8:00 pm	Tri-Fit <sup>4</sup> <i>(Bike Rm &amp; Gym)</i> 6:30-8:00 pm	Cycle Fit Plus <sup>4</sup> 6:30-7:30 pm	Hike Right <sup>3</sup> 6:30-7:30 pm			

## Registered Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Briskfit 9:00-10:00 am Cooperative program with Senior Resources  <i>Landing Sports Centre</i>		Briskfit 9:00-10:00 am Cooperative program with Senior Resources  <i>Landing Sports Centre</i>		Soccer for You & Me 9:00-9:45 am	
	Gentle Yoga <sup>2</sup> 9:00-10:15 am				Little Sneakers 10:00-10:45 am	
	Swim Lessons <i>Twice/week</i> 3:00-5:30 pm		Swim Lessons <i>Twice/week</i> 3:00-5:30 pm		Swim Lessons 9:30-12:00 pm	
Youth Soccer 3:30-4:30pm	Teen Weight Trainer course 3:30-5:00 pm	Youth Basketball 3:30-4:30 pm	Youth Dance Hip Hop 4:00-5:00 pm Jazz/Lyrical 5:00-6:00 pm	Swim Lessons <i>Once/week</i> 3:00-6:00 pm	Birthday Parties 1:00-3:00 pm	Birthday Parties 1:00-3:00 pm
	Adult Swim Lessons 5:30-6:15 pm		Adult Swim Lessons 5:30-6:15 pm		Babysitting Course 1:00-3:00 pm	
Youth Project Girls Night Out 6:30-8:30 pm		Youth Project Guys Night Out 6:30-8:30 pm	Youth Leadership Development 7:30-9:00 pm	Birthday Parties (Freak out Friday) 5:00-8:00 pm		

The purpose of the **Youth Project** is to provide recreational programs and services for youth who are not normally involved in mainstream recreation. The Project is funded by the City of Chilliwack,  
For more information contact Christy at 604-792-3371