

# Health & Fitness Schedule

July 4 - Sept 5, 2022



## Multi-Session Programs

Check out our various multi-session programs including Cardiac Maintenance, Walk Mission, Intro to Yoga, Stroller Fit, Kids Fit and Intro to Spin!

Check online for details or email [fitness@mission.ca](mailto:fitness@mission.ca)

## Fitness at Boswyk Seniors Activity Centre

Are you 55+? Purchase your Boswyk Seniors Centre membership today to enjoy an endless offering of programs such as Chair Yoga and Chair Fitness, provided at a nominal fee in addition to your annual Boswyk membership.

Call 604-814-2188 for details.

## Healthy Lifestyles Program



The Healthy Lifestyles Program is a joint initiative with Fraser Health to support adults on their mental wellness journey through recreation services & leisure planning.

Contact **Tanis Bentley** at [tbentley@mission.ca](mailto:tbentley@mission.ca), 604 814-1255 for more information

## Summer Land/Aqua Fitness

July 4 - Sept 5, 2022

Pre-book up to 5 days in advance - [www.mission.ca/register](http://www.mission.ca/register)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45am	Aqua Fit Shallow	Aqua Fit Shallow	Aqua Fit Shallow	Aqua Fit Shallow			
8:45-9:30am	Spin		HIIT & Core Express	Spin			Spin (7:55-8:40)
9:00-9:45am	Synergy Circuit ◊				Tone & Sculpt (9:15-10:00)		Vinyasa Yoga (9:00-10:00)
10:15-11:15am			Seniors Chair Fitness @Boswyk (9:30-10:15)		Yoga Fusion (10:15-11:00)		
10:30-11:30am	Hatha Yoga	Hatha Yoga	Hatha Yoga (10:45-11:45)	Hatha Yoga			
12:10-12:45pm		\$2 Quick Fit		\$2 Quick Fit	\$2 Quick Fit		◊ Weight Room FRHP = Fraser River Heritage Park
1:15-2:00pm		Seniors Chair Yoga @Boswyk					Classes held in studio or main pool unless stated otherwise.
1:30-2:30pm		Seniors Fitness Circuit ◊		Seniors Fitness Circuit ◊			
5:30-6:15pm	Spin (5:45-6:45)		Spin		Hatha Yoga (5:30-6:30)		
5:45-6:45pm	Yoga Outdoor FRHP			Pilates (5:45-6:30)			<b>Fitness Safety</b> Let the instructor know if you are new to group exercise, pre/post natal, suffering from any health conditions or recovering from injury. The goal is to ensure a safe & effective workout
6:30-7:15pm		Core & More (7-7:45)		Synergy Circuit ◊			<b>Timely Arrivals</b> Please ensure you arrive prior to class start times.

Classes do not run on stat holidays and their weekends, Jul 1-3 and July 30-Aug 1. No land fitness classes from Aug 26 to Sep 5 inclusive. No Aqua Fit classes Aug 26-Sep 18 due to annual maintenance pool shut down. Classes are subject to change without notice.

604-820-5350

[www.mission.ca/leisure](http://www.mission.ca/leisure)