

CELEBRATE NATIONAL HEALTH and FITNESS DAY at DOUGLAS PARK

Saturday
June 4th
9:00am - 4:00pm



douglasparkcc

Douglas Park Community Centre
801 West 22nd Avenue
Vancouver, BC
604-257-8130 (press #1)
www.douglasparkcc.org

Douglas Park Community Centre would like to raise awareness and the importance of increasing physical activity. We want to celebrate, support and promote the importance of using local health, recreational, sports and exercise facilities. On **Saturday June 4**, patrons can participate in select **FREE** recreational activities* with our supporting program instructors.

Gymnasium	Douglas Lounge	Heather Room	Laurel Room
Fat Burner Aerobics - Melanie Ma A fun, high energy workout for all. FREE CLASS (18+ yrs) 9:05am - 10:05am	Restorative Yoga - Amy Hoare Gentle yoga focusing on postures. FREE CLASS* (18+ yrs) 9:15am - 10:15am		Hatha Yoga - Jennifer Rowbotham Learn postures and breathing techniques. FREE CLASS* (18+ yrs) 9:15am - 10:15am
Zumba - Lesley Marahnao Fitness, cardio and Zumba music. FREE CLASS (18+ yrs) 10:15am - 11:15am			
Zumba Toning - Roslyn Bauyon Exercise with Toning sticks. FREE CLASS (18+ yrs) 11:25am - 12:25pm	Hula Dancing - Lehaulani Experience Aloha while learning to Hula. FREE CLASS* (18+ yrs) 11:30am - 12:15pm		
Sportball Multi-Sport - Sportball Ltd. Preschool multi-sports class. FREE CLASS* (3.5-5 yrs) 12:30pm - 1:00pm	Tahitian Fitness - Lehaulani Fun cardio workout with Hula music. FREE CLASS* (18+ yrs) 12:30pm-1:15pm	Wah Tor Qigong - Peter Poon & Hing Tse Chinese yoga for health. FREE CLASS* (18+ yrs) 12:15pm - 12:45pm	
Sportball Multi-Sport - Sportball Ltd. Preschool multi-sports class. FREE CLASS* (3.5-5 yrs) 1:00pm - 1:30pm	Yin & Restorative Yoga - Phillipa Syme Calming meditative style yoga. FREE CLASS* (18+ yrs) 1:30pm - 2:30pm	Wah Tor Qigong - Peter Poon & Hing Tse Chinese yoga for health. FREE CLASS* (18+ yrs) 1:00pm - 1:30pm	
	Pilates - Pilates Unlimited Improve core strength and flexibility. FREE CLASS* (18+ yrs) 2:45pm - 3:45pm	Shaktipat Meditation - Garner Webber Learn introspection and crown meditations. FREE CLASS* (18+ yrs) 2:00pm - 3:00pm	Steady Feet - Sabine Iseli Balance and mobility for fall prevention. FREE CLASS* (55+ yrs) 1:30pm - 2:15pm
Exercise Room - FREE ADMISSION** 9:00am - 3:30pm Enjoy a complimentary visit to workout! **must be 19+ yrs or accompanied with adult			

*FREE CLASSES will be first come first served, up to class maximum participation limits. Equipment provided where necessary. Schedule subject to change.