


# Adult Fitness and Dance Programs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM Classes</b>		Hatha Yoga 10:00 - 11:00am				
<b>PM Classes</b>			Yoga After Class 3:30 - 4:30pm	Zumba 8:15 - 9:30pm		Bharanatnyam Dance 3:30 - 4:30pm

All classes are ages 16 & up, unless otherwise noted

## FREE CHILD-MINDING

Is childcare preventing you from participating in our programs? We may be able to help.  
Please contact our Front Desk for further details.

Class	Dates	Description
 <b>Bharanatnyam: Indian Dance</b>	Saturdays Jan. 14 - Mar. 17 3:30 - 4:30pm	Burn 600 to 700 calories with an hour of Bharatnatyam, a classical East Indian dance that offers a good form of yoga, exercise/workout, memory, concentration, music and beat sense for the whole family. This is for families who would like to learn to dance and get fit at the same time! All children must be accompanied by an adult. Please wear sleeved shirts and long pants (no shorts or tank tops). 10 week session. Bharatnatyam is a pre-requisite for Bhangra Dance. <i>Due to scheduling conflicts: February 4 class will start one hour earlier, 2:30 to 3:30pm, and February 18 class will start on hour later, 4:30 to 5:30pm.</i> <b>Fee: \$15.00</b>
<b>Hatha Yoga</b>	Tuesdays Jan. 10 - Mar. 27 10:00 - 11:00am	A relaxing class to help strengthen the body while calming the mind and spirit. All levels welcome. Bring your mat if you have one. NO CLASS: Mar. 13 & 20 (SD43 Spring Break). 10 week session. <b>Fee: \$60.00 Drop in: \$8.00 Fitness Pass: \$7.00</b>
<b>Yoga After Class @ Alderson</b>	Wednesdays Jan. 11 - Mar. 28 3:30 - 4:30pm	Designed for teachers and other adults from within the SD43 area. Work on breathing techniques and postures, and develop your focus, strength and flexibility. Bring our own mat if you have one. We require a minimum of 10 registrants to run this class. No drop-ins please. This program takes place in the gymnasium of Alderson Elementary School, 825 Gauthier Avenue, Coquitlam. NO CLASS: Mar. 14 & 21 due to spring break. 10 week session. <b>Fee: \$27.50</b>
<b>Zumba</b>	Thursdays Jan.12 - Mar.29 8:15 - 9:30pm	Contact: Denise Galay (604) 781-3437 info@zumbavancouver.ca

## Fitness Drop in Pass

The Fit Pass is a rechargeable card that allows you to pre-pay for a minimum of 10 Adult Fitness classes for \$70.00. That's \$7.00 per class!

*This Pass applies only to Adult Fitness programs at  
Place Maillardville Community Centre.*

Don't wait, Register Now! Call 604-933-6166  
1200 Cartier Avenue, Coquitlam, BC  
info@placemaillardville.ca

