

Winter '09 Recreation

FEEL A WORLD OF DIFFERENCE WITH A HEALTHY & ACTIVE LIFESTYLE

"REC" Your Life!



The Centre for Sport, Recreation and Wellness is responsible for enhancing the quality of campus life for students, employees and the community. Be smart. Be active. Get fit!
[NW Campus - Multisport Room 1313](#)

Students and staff have FREE access to both Fitness Centers!
NW Campus @ Room 1315 DL Campus @ Pinetree Community Centre

PO BOX 2503 New Westminister, BC V3L 5B2 Phone: 604.527.5005 www.douglas.bc.ca/csrw
Check out our Facebook group 'Douglas College Athletics & Recreation'

FITNESS & AEROBICS

Body Condition

Mondays
11:35 - 12:25
Gillian

Shake the Monday blahs and start your week with a body conditioning workout. This class will help you build a foundation and energize you for the entire week. Emphasis will be on conditioning and building your core, while strengthening and toning your muscles.
Jan 12 - April 20 **No class on (Feb 9 and April 13)**

Basic Step

Mondays
12:35 - 1:25
Gillian

A basic step class with simple moves, approximately 30 minutes, followed by some strengthening and balancing moves. A short period of stretching will accompany the cool down.
Jan 12 - April 20 **No class on (Feb 9 and April 13)**

Light Workout

Tuesdays
11:35 - 12:25
Joanne

Come and enjoy an exciting high-low workout for all levels of fitness. Strength training involving bands, weights, and balls. Challenging for both beginners and experts.
Jan 13 - April 21 **No class on (Feb 10, March 17 and April 14)**

Cardio Camp

Tuesdays
12:35 - 1:25
Joanne

An exciting and dynamic workout that combines the major components of fitness. Flexibility, Muscular strength, endurance, and aerobic training. It offers an enthusiastic fun approach to fitness for all levels.
Jan 13 - April 21 **No class on (Feb 10, March 17 and April 14)**

Step Aerobics

Wednesdays
12:35 - 1:25
Myken

Explore the possibilities in this step cardio class. The aerobic portion lasts about 25-35 minutes to maximize cardio conditioning and strength capability. Strength work, abdominal exercises, and stretching finish this class.
Jan 14 - April 22

Core strength

Thursdays
11:35 - 12:25
Myken

In this class you will work every muscle from top to bottom using equipment (bands, balls & weights) along with your own body weight to focus on balance and core strength. Work at your own pace with level options to follow from beginner to advanced. Have fun while gaining strength and toning up.
Jan 15 - April 16

Interval Challenge

Thursdays
12:35 - 1:25
Myken

Interval training is alternating fast/slow movement during a workout. The result can be a boosted muscle performance allowing the body to better convert stored carbohydrates into energy and speed up calorie burning. This can be done on the step or floor for the cardio component while alternating with equipment such as weights and bands for the strength component.
Jan 15 - April 16

Circuit Training

Fridays
12:35 - 1:25
Joanne

High-energy circuit involving variety of equipment, helping to build cardio and endurance in a fun, fast-paced class. No experience necessary.
Jan 16 - April 17

BELLY & LATIN DANCE

Latin Beginners

Salsa, Merengue & Cha Cha
Sundays: Jan 18 - March 8
6:00 - 7:30
Susi
\$95 Employee/ Student
\$115 Community

Belly Dance

Thursdays: Jan 15 - March 12
6:45 - 8:00
Diane
\$65 Students/Staff
\$80 Community



MARTIAL ARTS

Tang Soo Do

Wed & Fridays
6:00 - 8:00
Master Chris Teo
\$65 Employee/ Student
\$115 Community

Join and train in the most ancient Korean Martial Art of Self Defense. Program is available from white belt to Dan Grade (Black Belt). Master Chris is a certified member of the Canadian Tang Soo Do Duk Kwan Federation.
Jan 14 - March 27

Wing Chun

Tuesdays
7:00 - 8:30
Steven
\$65 Employee/ Student
\$115 Community

Ving Tsun (a.k.a. Wing Chun) is a close combat Chinese martial art with a no nonsense theory based on quick, small and efficient movements. Proper body structure and usage are the foundations of Ving Tsun, enabling the practitioner to maximize one's potential in simultaneous defense and offense. Ving Tsun's stress on using body structure instead of brute force makes it a suitable form of martial arts for anyone regardless of body size or type.
Jan 13 - April 7 **No class on (Feb 10 and March 17)**

YOGA

Beginner Hatha

Thursdays: Jan 15 - March 19
1:35 - 2:25
Rose Marie
\$55.65 Employee/ Student
\$74.20 Community

Beginner Kundalini

Thursdays: Jan 15 - April 9
4:45 - 5:45
Tanya
\$55.65 Employee/ Student
\$74.20 Community

*All prices include GST

WEEKLY REC SCHEDULE WINTER 2009



All REC programs begin the week of January 12. NW Campus Multisport Room 1313

Time/ Day	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:35—12:25p		Fitness <i>Body Condition</i> Gillian	Fitness <i>Light Workout</i> Joanne		Fitness <i>Core Strength</i> Myken	
12:35—1:25p		Fitness <i>Basic Step</i> Gillian	Fitness <i>Cardio Camp</i> Joanne	Fitness <i>Step Aerobics</i> Myken	Fitness <i>Interval Challenge</i> Myken	Fitness <i>Circuit Training</i> Joanne
1:35—2:25p		Drop In <i>Table Tennis</i>	Drop In <i>Table Tennis</i>	Drop In <i>Table Tennis</i>	Yoga <i>Beginner Yoga</i> Rose Marie	
5:00—6:00p					Yoga <i>Kundalini</i> Tanya <i>* 4:45 Start.</i>	
6:00—7:00p	Dance <i>Latin Beginners</i> Susi <i>* 7:30 finish</i>			Martial Arts <i>Tang Soo Do</i> Chris <i>* 8:00 finish</i>		Martial Arts <i>Tang Soo Do</i> Chris <i>* 8:00 finish</i>
7:00—8:30p			Martial Arts <i>Wing Chun</i> Steven		Dance <i>Belly Dance</i> Diane <i>* 6:45 Start.</i>	

Employees/Students get free admission for Fitness classes (Mon-Fri) 11:35-1:25
 ... For DL Campus 'Rec' classes, please call us @ (604) 527-5005 ...

www.douglas.bc.ca/csrw/recreation ... Phone: 604.527.5005 ... ahmedk@douglas.bc.ca
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