

Cameron 55+ Fitness Schedule

Fall 2018 / Winter 2019

Schedules are subject to change.

Monday	Low Impact I & II	10:20-11:20am
Tuesday	Functional Fitness	9-10am
Wednesday	Low Impact I & II	10:20-11:20am
Thursday	Functional Fitness	9-10am
Friday	Low Impact I & II	10:20-11:20am

Functional Fitness For the adult who is just starting out.

Low Impact I & II For the adult who has more experience in an exercise class.

Reminder

Remember to bring water, wear proper footwear and bring a hand towel if you'd like. Class schedule and instructors are subject to change without notice.

Your fitness class warm-up is extremely important for safety and injury prevention. It's considerate to other participants to arrive on time, and not disrupt their enjoyment of the class. PARTICIPANTS will not be admitted more than 5 minutes after the class begins.

Contact us for more information

Community Office: 604-297-4456

Court Desk: 604-297-4452

To participate in 55+ activities you require:

- » Cameron 55+ membership
- » Must be 55 years of age or over

Seniors' Society Membership

To take part in the 55+ activities, you need to purchase a membership. Note that the structure of the membership fee has recently changed. You can use the single centre fee if you only participate in activities at one centre or you can use the multi-centre fee to enjoy activities in multiple centres. If you have any questions, please call 604-297-4453.

Single Centre: \$18.50 per year

Multi-centre: \$44.40 per year

Punchcards & Drop-ins

With a valid Burnaby Seniors Membership, punchcards and drop-ins are welcome at all 55+ fitness classes.

A punchcard costs \$31.30

(10 classes for the price of nine).

Prefer to drop-in? Fee is \$3.48 per class.

Prices do not include tax.