

Ongoing Weekly events at the Community Room – Lynn Valley Village

For more information or registration, please call 604.987.7529

Saturday Martial Arts Workout

Starts April 14

Enjoy this fun full body workout combining exercises that will develop strength-flexibility and confidence using a combination of martial arts moves. Ideal for all levels. For more information or registration, please call 604.987.7529

Adults 11:00-12:00am

Children 10:00-11:00am

Monthly or Drop In rates available

Fitness Dance Work Out

Great for any body! Focus is on belly dancing. Coin skirt included in program price. Please pre register using code #278320. For more information or registration, please call 604.987.7529

Fridays 9:30am Starts Apr 13

Pee Wee Tae Kwon Do 4-6yrs

Children are challenged to improve their coordination, balance, strength and flexibility as they learn basic forms. Please pre register using code #280486. For more information or registration, please call 604.987.7529

Saturdays 9:15am Starting Apr 14

Skip to Fitness

Cost effective total body workout that adds high intensity cardiovascular training to improve coordination, agility, endurance, conditioning and quickens reflexes. No experience necessary. Please pre register. For more information or registration, please call 604.987.7529

#287277 Wednesdays 9:15am starts Apr 11

Or

#287278 Fridays 5:30-6:30pm Starts Apr 13

Valley Walkers

Focus is on fun, fitness and friendship. Explore different areas of Lynn Valley Please pre register using code # 28067. For more information or registration, please call 604.987.7529

Tuesday 10:00am Starts Apr 24

Upcoming Workshops:

Nutrition – Feeding your Toddler

Leah, a registered pediatric dietitian, will guide you through the challenges of feeding a toddlers, such as food refusal or fussy eating and provide solutions to help you get through these stages. Please pre register using code 279542. For more information or registration, please call 604.987.7529

Wednesday, April 25 6:30-8:00pm

Self Defense Workshops

One way to avoid a potential attack before it happens is to trust your instincts. Your intuition combined with your common sense can help get you out of trouble. Please pre register. For more information or registration, please call 604.987.7529

Street Sense for Youth 13-18yrs

#278887 Sunday April 22 10:00-12:00pm

Street Sense for Kids 6-12yrs

#278889 Sunday June 10, 10:00-12:00pm

Street Sense for Women

#278888 Sunday, May 6 10:00-12:00pm