

All Fitness classes are cancelled on Statutory Holidays. Schedules come out once a month.

For more information, contact :
Christine Cameron Poole
Recreation Programmer
cpoole@nsnh.bc.ca or call
the number below.

North Shore Neighbourhood
House
225 East 2nd Street
North Vancouver, BC V7L 1C4

Phone: 604.987.8138
Fax: 604.987.2107
Email: your
email@nsnh.bc.ca
www.nsnh.bc.ca



The North Shore Neighbourhood House
is a not-for-profit
registered charity serving the
North Shore community
since 1939.

We believe working together to meet
the grassroots needs of our neighbours,
especially our most
vulnerable residents, is essential
to building a safe, healthy
and strong community.

The House values and promotes
cooperation, respect and
empowerment through the
provision of programs and
services designed to meet the needs of
individuals and the
community as a whole.

For more information on our
programs and services for
all ages, visit
www.nsnh.bc.ca



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FITNESS SCHEDULE



Building a healthy
community

recreation for all



FITNESS SCHEDULE

July 2010



MON	STROLLER FIT	Not part of Membership Christine CP. Drop-ins are \$6.30	9:30-10:30 am NEW TIME
MON	CARDIO KICKBOXING	Christine CP.	7:00–8:00 pm
TUE	TAI CHI	Not part of Membership Lynne C. Drop In Fees: \$8.00 Adult 1 hour \$7:30 Senior 1hour \$11.00 Adult 1.5 hours \$8.50 Seniors 1.5 hours	9:30 -10:30am 8:30 -10:30am (1.5 hr drop-in during above)
TUE	DROP-IN BADMINTON	Not part of Membership Noriko Drop In Fee: \$2.00	5:00–6:30pm
WED	KARATE BOOT CAMP	Not part of Membership Hamid T. Drop-ins are welcome \$6.50	5:15 - 6:30 pm NEW CLASS
WED	STROLLER FIT	Not part of Membership Christine CP Drop-ins are welcome \$6.30	9:30-1030 am NEW TIME
THU	TAI CHI	Not part of Membership Lynne C. Drop In Fees: \$8.00 Adult 1 hour \$7:30 Senior 1hour \$11.00 Adult 1.5 hours \$8.50 Seniors 1.5 hours	9:30 -10:30am 8:30 -10:30am (1.5 hr drop-in during 8:30-10:30 am)
FRI	YO-STRETCH	Rosemary C. (July 2) Sub: Tara July 9 For summer please call to see who's teaching & if class is on.	9:15-10:15am
SAT	Circuit KICKBOX	Christine CP.	10:15–11:30pm NEW TIME

Membership DROP IN FEES:	Adult	\$5.80
	Student/Senior	\$4.60
	Ages 12 to 14	\$2.40