



Ladner Outdoor Pool  
5105 47 Avenue  
Delta, BC V4K 1R2  
(604) 946-8369

E-mail: [park-rec@corp.delta.bc.ca](mailto:park-rec@corp.delta.bc.ca)  
Register On-line: [www.corp.delta.bc.ca/deltareg](http://www.corp.delta.bc.ca/deltareg)  
Register by Phone: (604) 952-3000  
24 Hour Information: (604) 946-3300



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The Ladner Outdoor Pool is closed for the season. More information will follow at a later date.



# Drop-In Class Descriptions

All classes are led by registered instructors

## Land Fitness

Aerobic & Step Classes	Intensity Levels 1-Low 2-Moderate 3-High	Description
Boot Camp	2-3	Group athletic training that combines strength work with sports conditioning moves.
Cardio Box	2	Box & kick your way to endurance, agility & power.
Cardio Craze	2-3	A combination, step, hi-lo & cardio salsa.
Circuit Combo	2-3	No fancy footwork. This class combines straightforward cardio & strength intervals.
Express	2-3	High intensity 45 minute class
Lite Combo	1	Enjoy a fun, moderate low impact workout, followed by strength training, abs & stretch.
Step Box	2-3	Combine cardio & kickbox moves in this multilevel step class.
Step Cardio	2-3	A heart pumping extended cardio class using advanced moves.
Step Combo	2-3	Combine cardio & sculpt in this multi-level step class.
Variety Blast	2	A different workout every time! Chosen by participants.
Wake-up workout	2	Jump out of bed & into action! Varied cardio & strength workouts.
Strength & Stretch Classes	Intensity Levels 1-Low 2-Moderate 3-High	Description
A.B.T.	2-3	Strengthen your abs, but & thighs in this class suitable for all levels.
Ab Attack / Hard Core	2-3	Improve your core stability by strengthening & toning the core. (45 minutes)
Hatha Yoga Beg.	1-2	Traditional yoga for relaxation, strength & flexibility.
Hatha Yoga Int.	2-3	Advanced traditional yoga for relaxation, strength & flexibility.
Joint Works	1	The Arthritis society's program for pain free range of motion in a group exercise class.
Move To Improve	1	Range of motion & strength exercises for hips & knees, also suitable for participants new to exercise.
On the Ball	2	A total body strength & conditioning class using the fitball. Suitable for all fitness levels.
Power	2-3	An intense body conditioning class using a combination of weights, bands & ball. All levels.
Simply Stretch	1	Not into yoga? This class improves flexibility & reduces stress!
Twilight Yoga	1-2	Realign, release & relax with this evening yoga class.
Yoga Flow	1-2	Flowing sequences of postures to improve flexibility, posture & relaxation.
Yoga Lunch	1-2	Re-energize & de-stress with this 45 minute mid-day yoga class.
Vinyassa Yoga	2-3	Get strong & flexible in this dynamic, challenging yoga class.

## Aquatic (Water) Fitness

Shallow Water Classes	Intensity Levels 1-Low 2-Moderate 3-High	Description
<b>Aqua Therapy</b>	1	Maintain range of motion in this pain free class.
<b>Cardio Excellerator</b>	3	An energetic, advanced class with 50 minutes of non-stop cardio!
<b>Forever Fit/ Rusty Hinges</b>	1-2	All the power of tidal Toner class with a reduced cardio section.
<b>Gentle Fit</b>	1	A modified class for light conditioning or special health considerations such as: pre/post natal, back pain or injury recovery.
<b>Move To Improve</b>	1	Range of motion & strength exercise for hips & knees, also suitable for participants new to exercise.
<b>Tidal Toner</b>	2	Variety, challenge & power! Designed for all fitness types.
<b>Waterworks Plus</b>	1	The Arthritis Society's program for pain free range of motion in a group exercise class.
Deep Water Classes	Intensity Levels 1-Low 2-Moderate 3-High	Description
<b>Power Deep</b>	2-3	Improve stamina & endurance with deep water running & aqua-spinning. Participants should be comfortable in deep water.