

Hatha Yoga

Instructor: Vicky Kenny
Tuesdays, 7:00 – 8:15 pm
Thursdays, 7:00 - 8:15 pm
Program Ongoing

\$60.00/12 sessions; \$6 Drop-in

Slow your life down and join us for a relaxing yoga class. Increased strength, balance, stamina and body awareness are some benefits you can attain from Hatha Yoga. Please wear loose, comfortable clothing.

Maximum #: 22 Participants

Beginner's Modern Line Dance

Instructor: Sunny Wang
Sundays, 2:15 - 3:45 pm
April 14 - June 30
\$70.00/ 12 Sessions

A program of exercise and enthusiasm where we dance in lines to music without requiring a partner. Modern Line dancing is a combination of multiple dance steps including Salsa, Waltz, Bachata and Hip-Hop supported with contemporary songs.

Maximum #: 20 Participants

Hula & Storytelling

Instructor: Rani & Poh
Thursdays, 7:00 - 9:00 pm
April 4 - June 6
\$120/10 sessions
Registration Required.

Join our Hula & Storytelling class for adults and unlock a world of creativity and expression. Join us for a transformative experience that combines the art of movement with the magic of stories. Unleash your creativity and connect with the rich cultural heritage of hula and storytelling.

Maximum #: 15 Participants

Improval Plus Modern Line Dance

Instructor: Sunny Wang
Mondays, 7:00 – 8:30pm
April 15 - July 15
(no class May 20 & July 1)
\$70.00 /12 Sessions

A program of exercise and enthusiasm where we dance in lines to music without requiring a partner. Modern Line dancing is a combination of multiple dance steps including Salsa, Waltz, Bachata and Hip-Hop supported with contemporary songs. Past line dance experience required for intermediate level.

Maximum #: 20 Participants

All participants may purchase a program pass to participate:

Fitness Program Pass: \$60.00/12 sessions

Sport Program pass: \$51.00/12 sessions

For All pre-registration programs no refunds after 2nd class

No Refunds or Exchanges on Fitness/Recreation Passes.

For more information about our programs & safety concerns please visit our website at www.cnh.bc.ca or contact our recreation coordinators:

Carmen Correal (Main House)
Amir Sabbaghan (Annex)

604-435-0323 Ext. 257
604-428-9142 Ext. 104

Collingwood Neighbourhood House ADULT RECREATION PROGRAMS



SPRING 2024



 **SCAN**
CNH Program Registration



Programs with this symbol take place at Collingwood Neighbourhood House Annex, 3690 Vanness Ave, V5R 5B6. | 604-428-9142

Please call Collingwood Neighbourhood House for more information. Staff are able to speak with you in a variety of languages including Mandarin and Cantonese.

想要獲得更多資料，請致電高靈活鄰舍中心 604-435-0323
工作人員能夠說各種語言，包括國語和廣東話。



Collingwood Neighbourhood House
5288 Joyce St, Vancouver, BC, V5R6C9
www.cnh.bc.ca | 604-435-0323

Zumba

Instructors: Andrea (Jenny) Ayala, Kayo Echizenya & Mika Laguerta

Wednesdays, 7:15 – 8:15 pm (no class April 17)

Thursdays, 5:30 - 6:30 pm 

Saturdays, 11:15 – 12:15pm (no class May 11)

Program Ongoing

\$60/ 12 sessions; \$6 Drop-In

A typical Zumba class lasts about an hour and incorporates several dance styles, including Cumbia, Bachata, Merengue, Salsa, Reggaeton, Mambo, and Belly Dance. The Latin music includes both fast and slow rhythms, allowing for a great cardio workout as well as body sculpting exercises. Zumba classes are for ALL ages – no experience necessary. Most songs are pre-choreographed, so the more classes you attend, the easier it gets!

Maximum #: 22 (Annex); 24 Participants

Zumba Toning

Instructors: Claudia & Elizabeth

Tuesdays, 7:15 – 8:15pm

Thursdays, 9:15 – 10:10am

\$60.00/12 sessions; \$6 Drop-in

Program Ongoing

Zumba Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party. Participants use 1-3 pound weights to enhance rhythm and tone all their target zones, including arms, abs, and legs.

Maximum #: 24 Participants

Pilates

Instructor: Carolina Bergonzoni

Thursdays, 12:30 – 1:20 pm

\$60.00/12 sessions; \$6 Drop-in

Program Ongoing

Pilates is a method that focuses on both lengthening and building strength. The classes prioritize breath, strength, mobility, and a strong connection to your body. It's suitable for all levels. These classes are based on a trauma-informed, holistic, inclusive approach, and as such, each unique individual's body is celebrated.

Maximum #: 22 Participants



Dance Fusion

Instructor: Andrea (Jenny) Ayala

Mondays, 7:00 – 8:00 pm

\$60.00/12 sessions; \$6 Drop-in

Program Ongoing.

(no class April 1, May 20 & July 1)

The easy-to-follow dance-fitness choreography to popular Latin and radio hits in this high-energy dance-fitness fusion class will get your heart pumping and sweat dripping while having a blast. These routines incorporate interval training, alternating fast and slow rhythms to help improve cardiovascular fitness. Weights are also used with some routines for toning. All ages and levels of fitness are welcome.

Maximum #: 24 Participants

Gender Inclusive Adult Volleyball

Supervisor: Niko Tentes

\$51.00/12 sessions; \$5 Drop-in

Mon & Wed, 8:30 - 10:15 pm

Program Ongoing

(no class April 1 & 17, May 20 & July 1)

Join us in a social game of volleyball where you can bump, set and spike to your heart's content. Join Friends and meet new people from your community while enjoying friendly games of volleyball. Players of all skill levels are welcome.

Maximum #: 42 Participants



Gender Inclusive

Badminton

Supervisor: Jimmy To

\$51.00/12 sessions; \$5 Drop-in

Thursdays, 6:45 - 8:20pm

Sundays, 10:15 - 12:15pm

Program Ongoing

A CNH favorite, badminton will help sharpen your reflexes and develop your racquet skills. The gym can be divided into four courts, so we'll be playing doubles throughout the program. All skill levels are welcome.

Maximum #: 24 Participants

Gender Inclusive Adult Soccer

Supervisor: Niko Tentes

Thursdays, 8:30-10:15 pm

This recreation soccer program is a great way too stay in shape and meet new friends in your community. The program promises to be popular so register early to ensure your spot. People of all skill levels are welcome.

Maximum #: 24 Participants

Women's Only Soccer

Tuesdays, 8:30 -10:15 pm

Our program will prioritize inclusivity, ensuring that women of all backgrounds and abilities feel comfortable and welcome to join. Inclusive to women, trans, gender expansive, and non-binary participants.

Maximum #: 24 Participants