



COS Outdoor Programs are offered in partnership with the Vancouver Park Board and run from April 12th to Sept 24th.



Corporate Occupational Solutions Summer Outdoor Programs

COS Urban Adventure Boot Camp

COS Zoomer Boot Camp

COS Biggest Loser

COS Hatha Yoga

COS Sunrise Yoga

COS Sunset Yoga

For more info, contact our office:

Email: info@ThinkCOS.com

Phone: 778-383-1110

Web: <http://ThinkCOS.com/Bootcamp.aspx>

COS Spring Program Schedule

COS Urban Adventure Boot Camp							
Start Date	Sessions	Time	Days	Cost	Location	Community Centre	Sign Up Here
Apr 13	8	6:30am – 7:30am	T/Th	\$128	Sutcliffe Park	False Creek	http://bit.ly/d2j8se
May 11	8	6:30am – 7:30am	T/Th	\$128	Sutcliffe Park	False Creek	http://bit.ly/b3YUjc
Jun 8	7	6:30am – 7:30am	T/Th	\$112	Sutcliffe Park	False Creek	http://bit.ly/9qadIQ
Apr 13	8	6:30pm – 7:30pm	T/Th	\$128	Kitsilano Beach Park	Kitsilano	http://bit.ly/bGS90v
May 11	8	6:30pm – 7:30pm	T/Th	\$128	Kitsilano Beach Park	Kitsilano	http://bit.ly/cVHj0G
Jun 8	7	6:30pm – 7:30pm	T/Th	\$112	Kitsilano Beach Park	Kitsilano	http://bit.ly/9QcZHE
Apr 12	12	6:30am – 7:30am	M/W/F	\$192	Inukshuk- English Bay	West End	http://bit.ly/dt9uf3
May 10	12	6:30am – 7:30am	M/W/F	\$192	Inukshuk- English Bay	West End	http://bit.ly/agTrHr
Apr 13	8	6:30pm – 7:30pm	T/Th	\$128	Locarno Beach Park	West Point Grey	http://bit.ly/d78UXX
May 11	8	6:30pm – 7:30pm	T/Th	\$128	Locarno Beach Park	West Point Grey	http://bit.ly/b1aG6E
Jun 8	7	6:30pm – 7:30pm	T/Th	\$112	Locarno Beach Park	West Point Grey	http://bit.ly/b6wHu6

COS Zoomer Boot Camp							
Start Date	Sessions	Time	Days	Cost	Location	Community Centre	Sign Up Here
Apr 13	8	8:15am – 9:15am	T/Th	\$128	Kitsilano Beach Park	Kitsilano	http://bit.ly/cHYZGS
May 11	8	8:15am – 9:15am	T/Th	\$128	Kitsilano Beach Park	Kitsilano	http://bit.ly/cVHj0G
Jun 8	7	8:15am – 9:15am	T/Th	\$112	Kitsilano Beach Park	Kitsilano	http://bit.ly/bWxJLX
Apr 13	8	8:15am – 9:15am	T/Th	\$128	Trout Lake Ice Rink	Trout Lake	http://bit.ly/9h7iFH
May 11	8	8:15am – 9:15am	T/Th	\$128	Trout Lake Ice Rink	Trout Lake	http://bit.ly/a2VwhQ
Jun 8	7	8:15am – 9:15am	T/Th	\$112	Trout Lake Ice Rink	Trout Lake	http://bit.ly/9ra8BK
Apr 13	8	8:15am – 9:15am	T/Th	\$128	WPG Fitness Centre	West Point Grey	http://bit.ly/dzBnb5
May 11	8	8:15am – 9:15am	T/Th	\$128	WPG Fitness Centre	West Point Grey	http://bit.ly/9ygbg0
Jun 8	7	8:15am – 9:15am	T/Th	\$112	WPG Fitness Centre	West Point Grey	http://bit.ly/9aA9TB

COS Biggest Loser

Start Date	Sessions	Time	Days	Cost	Location	Community Centre	Sign Up Here
Apr 12	12	6:30am – 7:30am	M/W/F	\$192	Kitsilano Beach Park	Kitsilano	http://bit.ly/dkqz4k
May 10	11	6:30am – 7:30am	M/W/F	\$176	Kitsilano Beach Park	Kitsilano	http://bit.ly/91ufpp
Jun 7	12	6:30am – 7:30am	M/W/F	\$192	Kitsilano Centre	Kitsilano	http://bit.ly/cYkaBr
Apr 12	12	6:30am – 7:30am	M/W/F	\$192	Trout Lake Ice Rink	Trout Lake	http://bit.ly/d1RTI4
May 10	12	6:30am – 7:30am	M/W/F	\$192	Trout Lake Ice Rink	Trout Lake	http://bit.ly/9Vf1wO
Jun 7	12	6:30am – 7:30am	M/W/F	\$192	Trout Lake Ice Rink	Trout Lake	http://bit.ly/ccVB6L
Apr 12	12	6:30am – 7:30am	M/W/F	\$192	Coal Harbour Park	Coal Harbour	http://bit.ly/a9zCK7
May 10	11	6:30am – 7:30am	M/W/F	\$176	Coal Harbour Park	Coal Harbour	http://bit.ly/bXaktb
Jun 7	12	6:30am – 7:30am	M/W/F	\$192	Coal Harbour Park	Coal Harbour	http://bit.ly/csSyQ7

COS Hatha Yoga

Start Date	Sessions	Time	Days	Cost	Location	Community Centre	Sign Up Here
May 11	8	6:30pm – 7:30pm	T/Th	\$128	Kits Beach	Kitsilano	http://bit.ly/bAzhd2
Jun 8	7	6:30pm – 7:30pm	T/Th	\$112	Kits Beach	Kitsilano	http://bit.ly/aCb7cS
May 11	8	6:30pm – 7:30pm	T/Th	\$128	Trout Lake Ice Rink	Trout Lake	http://bit.ly/cOFi6h
Jun 8	7	6:30pm – 7:30pm	T/Th	\$112	Trout Lake Ice Rink	Trout Lake	http://bit.ly/bNz3OL

COS Sunrise Yoga

Start Date	Sessions	Time	Days	Cost	Location	Community Centre	Sign Up Here
May 10	7	6:30am – 7:30am	M/W	\$112	Kits Beach	Kitsilano	http://bit.ly/bSQxnN
Jun 7	8	6:30am – 7:30am	M/W	\$128	Kits Beach	Kitsilano	http://bit.ly/bSbDkM
May 10	8	6:30am – 7:30am	M/W	\$128	Trout Lake Ice Rink	Trout Lake	http://bit.ly/aT0xwh
Jun 7	8	6:30am – 7:30am	M/W	\$128	Trout Lake Ice Rink	Trout Lake	http://bit.ly/9wNfU3
May 10	7	6:30am – 7:30am	M/W	\$112	Coal Harbour Park	Coal Harbour	http://bit.ly/cV28mJ
Jun 7	8	6:30am – 7:30am	M/W	\$128	Coal Harbour Park	Coal Harbour	http://bit.ly/aUbXoi

COS Sunset Yoga

Start Date	Sessions	Time	Days	Cost	Location	Community Centre	Sign Up Here
May 11	8	7:30pm – 8:30pm	T/Th	\$128	Inukshuk - English Bay	West End	http://bit.ly/a51NYu
June 8	7	7:30pm-8:30pm	T/Th	\$112	Inukshuk - English Bay	West End	http://bit.ly/chMvl1

COS Summer Program Partners



**Vancouver Board of
Parks and Recreation**

The Vancouver Parks Board provides outdoor facilities for COS programs and manages the registration process for all participants.



St. John Ambulance

SAVING LIVES
at work, home and play

St. John Ambulance has provided all of the First Aid Kits for COS instructors to use onsite.



The Vancouver Biennale has promoted sculpture, performance and new media in public spaces and makes our outdoor locations amazing!

COS Summer Program Schedule

COS Urban Adventure Boot Camp							
Start Date	Sessions	Time	Days	Cost	Location	Community Centre	Sin Up Here
Jul 6	8	6:30am – 7:30am	T/Th	\$128	Sutcliffe Park	False Creek	http://bit.ly/bHLrrX
Aug 3	8	6:30am – 7:30am	T/Th	\$128	Sutcliffe Park	False Creek	http://bit.ly/dajnXz
Aug 31	8	6:30am – 7:30am	T/Th	\$128	Sutcliffe Park	False Creek	http://bit.ly/9LfGEv
Jul 6	8	6:30pm – 7:30pm	T/Th	\$128	Kitsilano Beach Park	Kitsilano	http://bit.ly/8XhVOV
Aug 3	8	6:30pm – 7:30pm	T/Th	\$128	Kitsilano Beach Park	Kitsilano	http://bit.ly/ax3bLQ
Aug 31	8	6:30pm – 7:30pm	T/Th	\$128	Kitsilano Beach Park	Kitsilano	http://bit.ly/9FfFPW
Jul 5	12	6:30am – 7:30am	M/W/F	\$192	Inukshuk- English Bay	West End	http://bit.ly/bmleEZ
Aug 4	11	6:30am – 7:30am	M/W/F	\$176	Inukshuk- English Bay	West End	http://bit.ly/cJeNPW
Aug 30	12	6:30am – 7:30am	M/W/F	\$192	Inukshuk- English Bay	West End	http://bit.ly/cJeNPW
Jul 6	8	6:30pm – 7:30pm	T/Th	\$128	Locarno Beach Park	West Point Grey	http://bit.ly/d17SOQ
Aug 3	8	6:30pm – 7:30pm	T/Th	\$128	Locarno Beach Park	West Point Grey	http://bit.ly/bnalDK
Aug 31	8	6:30pm – 7:30pm	T/Th	\$128	Locarno Beach Park	West Point Grey	http://bit.ly/b4eR6z

COS Zoomer Boot Camp							
Start Date	Sessions	Time	Days	Cost	Location	Community Centre	Sign Up Here
Jul 6	8	8:15am – 9:15am	T/Th	\$128	Kitsilano Beach Park	Kitsilano	http://bit.ly/a7863P
Aug 3	8	8:15am – 9:15am	T/Th	\$128	Kitsilano Beach Park	Kitsilano	http://bit.ly/bLU7gw
Aug 31	8	8:15am – 9:15am	T/Th	\$128	Kitsilano Beach Park	Kitsilano	http://bit.ly/bYPi7E
Jul 6	8	8:15am – 9:15am	T/Th	\$128	WPG Fitness Centre	West Point Grey	http://bit.ly/cOwAjY
Aug 3	8	8:15am – 9:15am	T/Th	\$128	WPG Fitness Centre	West Point Grey	http://bit.ly/de6fWx
Aug 31	8	8:15am – 9:15am	T/Th	\$128	WPG Fitness Centre	West Point Grey	http://bit.ly/cJfCPk

COS Biggest Loser

Start Date	Sessions	Time	Days	Cost	Location	Community Centre	Sign Up Here
Jul 5	12	6:30am – 7:30am	M/W/F	\$192	Kitsilano Beach Park	Kitsilano	http://bit.ly/amG0F5
Aug 4	11	6:30am – 7:30am	M/W/F	\$176	Kitsilano Beach Park	Kitsilano	http://bit.ly/bCgPzO
Aug 30	11	6:30am – 7:30am	M/W/F	\$176	Kitsilano Beach Park	Kitsilano	http://bit.ly/bPquSK

COS Hatha Yoga

Start Date	Sessions	Time	Days	Cost	Location	Community Centre	Sign Up Here
Jul 6	8	6:30pm – 7:30pm	T/Th	\$128	Kits Beach	Kitsilano	http://bit.ly/dlpiXD
Aug 3	8	6:30pm – 7:30pm	T/Th	\$128	Kits Beach	Kitsilano	http://bit.ly/dcQPOw
Aug 31	8	6:30pm – 7:30pm	T/Th	\$128	Kits Beach	Kitsilano	http://bit.ly/95eJr4

COS Sunrise Yoga

Start Date	Sessions	Time	Days	Cost	Location	Community Centre	Sign Up Here
Jul 5	8	6:30am – 7:30am	M/W	\$128	Kits Beach	Kitsilano	http://bit.ly/dDkd40
Aug 4	7	6:30am – 7:30am	M/W	\$112	Kits Beach	Kitsilano	http://bit.ly/cre5mg
Aug 30	7	6:30am – 7:30am	M/W	\$112	Kits Beach	Kitsilano	http://bit.ly/b7YVPq

COS Sunset Yoga

Start Date	Sessions	Time	Days	Cost	Location	Community Centre	Sign Up Here
Jul 6	8	7:30pm – 8:30pm	T/Th	\$128	Inukshuk- English Bay	West End	http://bit.ly/avkchO
Aug 3	8	7:30pm – 8:30pm	T/Th	\$128	Inukshuk- English Bay	West End	http://bit.ly/dn4jfC
Aug 31	8	6:30pm – 7:30pm	T/Th	\$128	Inukshuk- English Bay	West End	http://bit.ly/bR5Khc

COS Outdoor Programs run until September 24th 2010 – we move indoors for the Fall/Winter season.



St. John Ambulance
SAVING LIVES
 at work, home and play

Contact us for more info about COS Programs:

E: info@ThinkCOS.com

Ph: 778-383-1110

W: <http://ThinkCOS.com/Bootcamp.aspx>



COS Outdoor Programs Guide

Urban Adventure Bootcamp

A bootcamp-style class for all levels! Push through intense circuits of non-choreographed cardio, dynamic strength work and core exercises. An energizing total body workout using natural landscapes of Vancouver! Whether you're looking to lose weight, increase strength or build endurance, this program will help you reach your fitness goals FAST!

Biggest Loser

Try our “kinder” Biggest Loser Program. We won't make you cry or send you home if you don't measure up! We'll support you through challenging times, showing you how to lose weight and inches and develop a healthy life-style that you can stay with the rest of your life. The participant who loses the greatest percentage of body weight and inches will win a 6 month Vancouver Park Board Flexipass.

Zoomer Bootcamp (Boomers with Zip)

Get more out of life with increased strength and endurance, flexibility, coordination, agility and power! Short cardio drills, training stations to power up with strength and stretch routines combined with ongoing support for overall wellness! Newcomers to fitness or those who want to re-energize are welcome to join. An ideal opportunity for anyone 40+ to get fit and have fun!

Hatha Yoga

Yoga is all about feeling good. Enjoy these outdoor sessions to become comfortable with yoga or develop your practice further. Improve your flexibility, posture and strength while reducing your stress levels in an outdoor atmosphere. Bring a yoga mat.

Sunrise Yoga

Start your morning off right! Learn to use your body, breath and mind to stretch, relax and energize yourself for the day ahead. Improve your flexibility, posture and strength while also reducing stress levels in a beautiful and comforting outdoor environment. Bring a yoga mat.

Sunset Yoga

Complete your day with sun salutations to the setting sun. Improve your flexibility, posture and strength while letting go of your stresses from the day. Learn to use your breath, body and mind to stretch, calm and realign yourself for the rest of your evening. Bring a yoga mat.



Corporate Occupational Solutions Inc.

Workplace Health & Wellness Specialists