

# Get fit with us!

Whether you want to work out in a fully equipped weight room or take a group fitness class, we're ready to help you meet your goals, seven days a week. Our certified instructors can provide personal training sessions or simply help you learn the equipment.

## Getting Started

Have you ever wondered what a yoga class would be like? Are you new to group fitness, or are coming back after a hiatus or injury? We have numerous registered classes for those people wanting to try a new class or to gradually get back into fitness.

If you are looking to get started with weight and cardio equipment, ask about our fitness centre orientations. Certified trainers will give you the tips to get started on a safe, balanced and effective workout.

## Personal Training

Our certified personal trainers will create inspiring, highly personalized plans designed just for you!

	Single	Semi-Private
<b>Initial Consultation</b> (90 minutes)	\$84.25	\$84.25 (per person)
<b>Ongoing Sessions</b> (1 hour)	\$56.00	\$84.25/group
<b>5 Swipe Pass</b> (for the price of 4)	\$224.00	\$336.50/group

Completion of the ParQ+ medical screening form is required before personal training sessions begin. 24 hours advance notification is required to cancel or re-schedule training sessions.

## Book your Drop-in Spot Online

You can sign up early for our more popular drop-in fitness and sports classes, online, by phone or in person. Just look for this symbol beside the drop-in activity you want to attend. Book your spot as early as 9pm the night before.

Visit [www.surrey.ca/recreation](http://www.surrey.ca/recreation)

- > Find the facility you want to visit.
- > Click on the tab Drop-in Schedule [under facility name].
- > Click Expand Schedule [green tab at the end of the date row]
- > Click program with the  symbol and click Sign-Up Early.
- > Click Add, and input your Client ID and Family PIN #.

Or call 604-501-5100.

Please arrive on time for class.  
Schedules are subject to change without notice.

## Weight Rooms

Our state-of-the-art fitness centres are equipped with an assortment of the latest cardio and weight equipment. Look online for a detailed list at your local facility.

Minimum age 13 yrs (ID required). Consult your doctor prior to beginning a fitness program. The City of Surrey is not responsible for lost, stolen or damaged items. A fee will be charged for lost locker keys.

Hours of operation may differ on statutory holidays/long weekends. Please contact the facility to confirm.

### CLOVERDALE

**Cloverdale Recreation Centre**  
6188 176 St 604-598-7960

Monday to Friday 5:30am-10pm  
Saturday, Sunday 7am-8pm

### FLEETWOOD

**Fleetwood Community Centre**  
15996 84 Ave 604-501-5030

Monday to Friday 7am-10pm  
Saturday, Sunday 8am-5pm

**Surrey Sport & Leisure Complex**  
16555 Fraser Hwy 604-501-5950

Monday to Friday 5:30am-10pm  
Saturday, Sunday 7am-8pm

### GUILDFORD

**Fraser Heights Recreation Centre**  
10588 160 St 604-592-6920

Monday to Friday 7am-10pm  
Saturday, Sunday 8am-8pm

**Guildford Recreation Centre**  
15105 105 Ave 604-502-6360

Monday to Friday 6am-10pm  
Saturday, Sunday 8am-8pm

### WHALLEY

**Bridgeview Community Centre**  
11475 126A St 604-592-7081

Monday to Friday 9am-8pm  
Saturday 9am-2pm  
Sunday 10am-2pm

**Chuck Bailey Recreation Centre**  
13458 107A Ave 604-598-5898

Monday to Friday 9am-9pm  
Saturday, Sunday 9am-5pm

**North Surrey Recreation Centre**  
10275 City Pkwy 604-502-6300

Monday to Thursday 6am-9pm  
Tu, Th Women's Only 9pm-10pm  
Friday 6am-10pm  
Saturday 7am-9pm  
Sunday 8am-9pm

### NEWTON

**Newton Recreation Centre**  
13730 72 Ave 604-501-5540

**Fitness Centre**  
Monday, Wednesday 6am-9pm  
Friday, Saturday 6am-9pm  
Saturday 13-18yrs only 9pm-10pm  
Tuesday, Thursday 6am-9:30pm  
Sunday 8am-8pm

### WELLNESS CENTRE

Monday, Wednesday 6am-8pm  
M, W Women only 8pm-10pm  
Tuesday, Thursday 6am-9:30pm  
Friday 6am-9pm  
Saturday 6am-8pm  
Saturday 13-18yrs only 8pm-10pm  
Sunday 8am-8pm

### SOUTH SURREY

**South Surrey Recreation & Arts Centre**  
14601 20 Ave 604-592-6970

Monday to Friday 6am-10pm  
Saturday, Sunday 8am-8pm

**Grandview Heights Aquatic Centre**  
16855 24 Ave 604-590-7800

Monday to Friday 6am-10pm  
Saturday, Sunday 6am-9pm

**South Surrey Indoor Pool**  
14655 17 Ave 604-502-6220

Monday to Friday 6am-10pm  
Saturday, Sunday 7am-9pm

## DROP-IN ADMISSIONS & PASSES

Our fee structure is designed to fit the needs of all active people, complete with pass options and great values.

### Annual & Monthly Recreation Passes Valid at all facilities.

Recreation Passes allow you to visit any of our facilities and includes access to all drop-in fitness, gyms, pools, and arenas.

Pass	Type	Child/Youth (2-18yrs)	Student**	Adult	Senior^ (60yrs+)	Family†
Recreation Pass	1 year	\$252.75	\$386.75	\$504.00	\$386.75	\$1005.00
	1 mos	35.25	52.00	69.00	52.00	137.75

### Monthly Payment Options

Surrey offers monthly payment options on 1-year Recreation Passes. Make payments using automatic debit, or credit card. Skip the line-up and buy your yearly or monthly passes online.

### Drop-in Fees Valid at all facilities.

Pass	Type	Child/Youth (2-18yrs)	Student**	Adult	Senior (60yrs+)	Family
Drop-in	1 visit	\$3.50	\$5.25	\$6.75	\$5.25	\$3.50*
Value Time	1 visit	1.75	2.75	3.50	2.75	1.75*
Swipe Cards	10 visit	31.50	47.50	60.00	47.50	N/A
	20 visit	56.00	84.00	107.00	84.00	N/A

† Family Pass is valid for a maximum of 2 adults and unlimited dependent children 18 years or younger.  
\* Per family member (minimum 1 parent/guardian and 1 dependent child 18 years or younger).  
\*\* Student rates only apply for accredited post-secondary institutions and require proof of student ID.  
\* Value time drop-in pricing is offered at some facilities during non-prime times. If a facility offers value time it will be indicated on the drop-in schedule for that facility.  
^ 60yrs+ who purchase a 1-year Recreation Pass will be offered a complimentary City-Wide Senior Services Membership.

CITY OF SURREY **ANNUAL**

## RECREATION PASS

Buy an Annual Recreation Pass between December 1 and January 31 and get a FREE month!

[www.surrey.ca/recpass](http://www.surrey.ca/recpass)



**RECREATION SURREY**  
Healthy Communities. Active Together.

[www.surrey.ca/recreation](http://www.surrey.ca/recreation)

**Winter 2018 JANUARY - MARCH**  
ALL FITNESS FACILITIES

BRIDGEVIEW COMMUNITY CENTRE 604-592-7081 11475 126A Street Effective Jan 8 - Mar 18							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt				11am-12noon			
Bollywood Aerobics	6pm-7pm						
Core Conditioning		5:15pm-6:15pm					
Step and Sculpt				12:15pm-1:15pm			

No weight room at this location, all classes held in multi-purpose rooms.

NORTH SURREY RECREATION CENTRE 604-502-6300 10275 City Parkway Effective Jan 8 - Mar 18							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt	12:05pm-12:50pm <sup>Ⓢ</sup> 1pm-1:30pm <sup>Ⓢ</sup>				1pm-1:30pm <sup>Ⓢ</sup>		
Bootcamp		5:30pm-6:30pm		4:40pm-5:25pm 6:45pm-7:45pm	12:05pm-12:50pm <sup>Ⓢ</sup>		
Bollywood Aerobics							
Cardio Combo	5:30pm-6:30pm		12:05pm-12:50pm <sup>Ⓢ</sup> 1pm-1:30pm <sup>Ⓢ</sup>	5:30pm-6:30pm			
Step Interval	4:40pm-5:25pm						
Yoga		<input checked="" type="checkbox"/> 12:05pm-12:50pm	5:30pm-6:30pm	<input checked="" type="checkbox"/> 12:05pm-12:50pm			
Zumba		<input checked="" type="checkbox"/> 6:45pm-7:45pm			<input checked="" type="checkbox"/> 5:40pm-6:40pm		

<sup>Ⓢ</sup> Value time pricing (see Drop-in Fees)

CHUCK BAILEY RECREATION CENTRE 604-598-5898 13458 107 A Avenue Effective Jan 8 - Mar 18							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt				9:15am-10:15am			
Bootcamp						9:15am-10:15am	
Cardio Combo		12noon-12:45pm					
Core Conditioning			5:30pm-6:15pm				
Dance Fit 55+					12:30pm-1:30pm		
Fit 55+	9:15am-10:15am		9:15am-10:15am				
Gentle Fit (Chair Exercises)	12noon-12:45pm			12noon-12:45pm			
Gentle Yoga	1pm-2pm 5:30pm-6:30pm			1pm-2pm			
Yoga		10am-11am		6pm-7pm		12noon-1pm 1:15pm-2:15pm	

No weight room at this location, all classes held in multi-purpose rooms or gymnasium.

GUILDFORD RECREATION CENTRE 604-502-6360 15105 105 Avenue Effective Jan 8 - Mar 18							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ball, Balance and Strength 55+		<input checked="" type="checkbox"/> 8:20am-9:20am		<input checked="" type="checkbox"/> 8:20am-9:20am			
Body Sculpt				5:45pm-6:45pm			
Bootcamp			7pm-8pm				9:15am-10:30am
Cardio Combo		12:10pm-12:50pm	9:15am-10:15am				
Cardio Kickbox	<input checked="" type="checkbox"/> 7pm-8pm					9:45am-11:15am	
Dance Fit 55+					10:30am-11:30am		
Fit 55+	9:15am-10:15am		9:15am-10:15am				
Flow Yoga					12:10pm-12:50pm		
Gentle Fit (Chair Exercises)		10:45am-11:45am		10:45am-11:45am			
Gentle Yoga		7:10am-8:10am		7:10am-8:10am			
High/Low Aerobics		5:45pm-6:45pm					
HITT	9:15am-10am						
Pilates			12:10pm-12:50pm				
Spin	7am-7:45am 12:10pm-12:50pm <input checked="" type="checkbox"/> 5:30pm-6:15pm	9:15am-10:15am 6pm-7pm	6:15am-7am 5:30pm-6:15pm	9:15am-10:15am 12:10pm-12:50pm 6pm-7pm	6:15am-7am		9:30am-10:30am
Step and Sculpt	5:45pm-6:45pm				9:15am-10:15am		
Yoga		7:30pm-8:30pm		<input checked="" type="checkbox"/> 8:15am-9:30am <input checked="" type="checkbox"/> 9:45am-11am	9:15am-10:30am	<input checked="" type="checkbox"/> 8:30am-10am	
Zumba		9:30am-10:30am	5:45pm-6:45pm		6:15pm-7:15pm		

SOUTH SURREY INDOOR POOL 604-502-6220 14655 17 Avenue Effective Jan 8 - Mar 18							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt	10am-11am		10am-11am				
Bootcamp		5:30pm-6:30pm		5:30pm-6:30pm			
Core Conditioning		6:45pm-7:45pm		6:45pm-7:45pm			

**Child Minding Hours:**  
Monday to Friday 8am-11am  
5pm-8pm  
Saturday 9am-12noon

# Group Fitness

We offer a variety of group fitness and wellness classes for every ability. Whether you're new to fitness classes or are looking for a challenge, we have a class to fit your needs. Classes vary by facility and are open to participants 13 years and older. Check the facility daily drop-in schedules online for the latest information.

## CLASS DESCRIPTION

CARDIO	
<b>BOLLYWOOD AEROBICS</b>	Experience a cardio workout combining Indian dance moves to Bollywood music.
<b>BOOTCAMP</b>	Increase strength, stamina and flexibility with a variety of fitness and athletic conditioning drills.
<b>CARDIO COMBO</b>	Combine a variety of formats such as step, high/low, cardio drills or cardio kickbox, including muscle conditioning.
<b>CARDIO KICKBOX</b>	Tone muscles and improve stamina using a choreographed routine of punching and kicking drills.
<b>DANCE FIT</b>	Enjoy a cardio workout featuring dance steps from a variety of dance styles.
<b>HIGH/LOW AEROBICS</b>	Learn a choreographed cardio workout that offers all levels of intensity.
<b>HIIT</b>	Challenge yourself with high-intensity intervals with periods of recovery for a time-efficient workout.
<b>SPIN</b>	Join a non-impact cycling workout that features a variety of drills including hills, sprints and intervals.
<b>STEP</b>	Choreography-based class using step routines and movements. Improve coordination and endurance.
<b>STEP INTERVAL</b>	Combine step intervals and muscle conditioning exercises in a non-choreography class.
<b>STRONG BY ZUMBA</b>	Use body weight resistance exercises and "High Intensity Tempo Training" intervals for a full body, functional cardio workout.
<b>SYNRGY CIRCUIT</b>	Incorporate the multi-station SYNRGY functional and strength training unit featuring a variety of equipment including TRX.
<b>ZUMBA</b>	Enjoy a fusion of international rhythms and choreographed dance routines.

NON CARDIO	
<b>BARRE</b>	Try a combination of ballet, Pilates, strength and flexibility training using a ballet barre.
<b>BODY SCULPT</b>	Use a variety of equipment and exercises in this strength training workout.
<b>CORE CONDITIONING</b>	Place emphasis on strengthening your major core muscles, improve balance and core stability.
<b>FUNCTIONAL TRAINING</b>	Focus on day-to-day movements by maintaining and improving balance, core strength and stability.
<b>TRX SUSPENSION TRAINING</b>	A body weight strength-based workout to target all muscle groups, increase core strength and flexibility.

COMBO CLASS	
Try a combination of two class formats that may include cardiovascular, strength or stretch components.	

ADULT 55+	
<b>BALL, BALANCE AND STRENGTH 55+</b>	Use a stability ball and various equipment to maintain and improve strength and balance.
<b>DANCE FIT 55+</b>	Enjoy a cardio workout featuring dance steps from a variety of dance styles.
<b>FIT 55+</b>	A moderate intensity low impact cardio class. Improve muscular strength and enjoy a relaxation stretch.
<b>FIT 55+ LITE</b>	Experience a low to moderate intensity class introducing upper and lower body muscle conditioning and stretching. The use of a chair is optional.
<b>GENTLE FIT (CHAIR EXERCISES)</b>	A gentle introduction to exercise. Maintain balance and coordination using a chair for support.
<b>CIRCUIT TRAINING 55+</b>	Become familiar with the Weight Room by using the equipment in a circuit format improving cardio and strength.
<b>SPIN 55+</b>	Join a non-impact cycling workout that features a variety of drills including hills, sprints and intervals.
<b>YOGA 55+</b>	Develop strength, flexibility and proper body alignment while completing a combination of Yoga postures. May include a meditation component.

MIND BODY	
<b>YOGA</b>	Develop strength, flexibility and proper body alignment while completing a combination of Yoga postures. May include a meditation component.
<b>GENTLE YOGA</b>	A slower paced Yoga class. Use supported postures and modifications. May include a meditation component.
<b>FITNESS YOGA</b>	Focus on body conditioning in a series of Yoga and non-Yoga exercises. May include a meditation component.
<b>PILATES</b>	A core conditioning routine emphasizing spinal and pelvic alignment. Improve strength and balance.
<b>YIN YOGA</b>	Target the connective tissues of the hips, pelvis and lower spine, stretching and releasing through longer-held postures.
<b>FLOW YOGA</b>	Experience a challenging series of postures connected by continuous movement and controlled breathing.

## FRASER HEIGHTS RECREATION CENTRE 604-592-6920 10588 160 Street Effective Jan 8 - Mar 18

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt			9:15am-10:15am	5:45pm-6:45pm	9:15am-10:15am		
Bollywood Aerobics				7pm-8pm			
Bootcamp		7:05am-8:05am 5:45pm-6:45pm		7:05am-8:05am		9:15am-10:15am	
Cardio Combo	7:05am-8:05am		7:05am-8:05am 7pm-8pm		7:05am-8:05am		
Core Conditioning	8:05am-9:05am	8:15am-9am 7pm-8pm		8:15am-9am			
Fit 55+	10:30am-11:30am		11:15am-12:15pm		10:30am-11:30am		
Functional Training	9:15am-10:15am 5:45pm-6:45pm	10:30am-11:30am		10:30am-11:30am			
Step Interval	7pm-8pm	9:15am-10:15am		9:15am-10:15am			
Pilates						10:30am-11:30am	
Yoga	7:55am-8:55am 9:05am-10:20am	5:30pm-6:30pm	8:05am-9:05am 3:55pm-5:10pm 5:15pm-6:30pm 6:45pm-8pm	9:15am-10:15am	9:15am-10:15am		
Zumba		10:45am-11:45am	5:45pm-6:45pm		6:15pm-7:15pm		

**Child Minding Hours:**  
Monday and Wednesday 8am-11am  
Tuesday 9am-11:45am  
Thursday and Friday 9am-11am

## FLEETWOOD COMMUNITY CENTRE 604-501-5030 15996 84 Avenue Effective Jan 8 - Mar 18

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt	9:15am-10:15am			8am-8:50am 5:40pm-6:40pm			
Bollywood Aerobics			6:50pm-7:50pm				
Bootcamp					6:50pm-7:50pm		
Cardio Combo	7pm-8pm					10am-11am	
Circuit Training 55+	9am-10am		9am-10am		9am-10am		
Core Conditioning		9:15am-10:15am		9:15am-10:15am			
Fit 55+		9am-10am		9am-10am			
Fitness Yoga			10:30am-11:30am		5:30pm-6:30pm		10:15am-11:30am
High/Low Aerobics	10:30am-11:30am						
Gentle Fit (Chair Exercises)		11am-12noon					
Step Interval		6:50pm-7:50pm	9:15am-10:15am			8:50am-9:50am	9am-10am
TRX Suspension Training		5:30pm-6:30pm					
Yoga		8pm-9pm					
Zumba	7:30pm-8:30pm			10:30am-11:30am 6:50pm-7:50pm			

**Child Minding Hours:**  
Monday 6pm-8:45pm  
Thursday 5:30pm-9pm

M/W/F - 9am-10am not all equipment in the weight room is available due to the Circuit Training 55+. \*Value time pricing (see Drop-in Fees) - Sunday 8am-12noon weight room only.

## NEWTON RECREATION CENTRE 604-501-5540 13730 72 Avenue Effective Jan 8 - Mar 18

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt	9:15am-10:15am			9:15am-10:15am			8:30am-9:30am
Bootcamp	6:15pm-7:15pm			6:15am-7am			
Cardio Kickbox			6:15pm-7:15pm				
Core Conditioning		9:15am-10:15am					
Fit 55+		9:05am-10:05am*	9:15am-10:15am*	9:05am-10:05am*			
Fitness Yoga			5pm-6pm				
Spin			12noon-12:45pm				
Spin and Strength	7:30pm-8:30pm	6:15am-7am	9:15am-10:15am			8am-9am	
Step and Sculpt						9:15am-10:15am	
SYNRGY Circuit					12noon-12:45pm		
TRX Suspension Training					6:15am-7am		
Yin Yoga		11:30am-12:45pm					
Yoga	12noon-1pm		8am-9am	6pm-7pm	8am-9am 9:15am-10:15am	10:30am-11:30am	
Zumba		7:15pm-8:15pm		7:15pm-8:15pm	6:30pm-7:30pm		

**Child Minding Hours:**  
Monday and Wednesday 9am-11am  
Tuesday and Thursday 5:45pm-8:30pm

\* Held at **Newton Seniors' Centre 604-501-5010** 13775 70 Avenue

## CLOVERDALE RECREATION CENTRE 604-598-7960 6188 176 Street Effective Jan 8 - Mar 18

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt	9:15am-10:15am			6:30pm-7:30pm			
Bootcamp	6:15am-7:15am 9:15am-10:15am 5:15pm-6:15pm	9:15am-10:15am	6:15am-7:15am 9:15am-10:15am 6:30pm-7:30pm	5:15pm-6:15pm	6:15am-7:15am	9:30am-10:30am	9:30am-10:30am
Cardio Combo					9:15am-10:15am		
Circuit Training 55+		9:15am-10:15am					
Core Conditioning			6:30pm-7:30pm				
Dance Fit	6pm-7pm						
Fit 55+	9:15am-10:15am	9am-10:15am*	9:15am-10:15am	9am-10:15am*	9:15am-10:15am		
Fit 55+ Lite	10:30am-11:30am		10:20am-11:20am				
Fitness Yoga				6:15am-7:15am			
SYNRGY Circuit	6:45pm-8:45pm		6:30pm-7:30pm		10am-10:45am		
Spin	9:15am-10:15am 5:45pm-6:30pm	6:15am-7am 6:30pm-7:30pm	5:30pm-6:15pm	9:15am-10:15am 5:15pm-6pm	9:15am-10am	7:30am-8:15am 8:30am-9:30am	8:30am-9:15am
Spin and Strength		5:15pm-6:15pm	9:15am-10:15am	6:30pm-7:30pm			
Step Interval	6:30pm-7:30pm		5:15pm-6:15pm		5:15pm-6:15pm		
Yoga	7:45pm-9pm	6:30pm-7:45pm	7:45pm-9pm	7:45pm-9pm		8:15am-9:15am	9:30am-10:45am

**Child Minding Hours:**  
Monday 9am-11am  
Tuesday 9am-11am  
Wednesday 9am-11am  
Thursday 5pm-8pm  
Friday 9am-11am  
Saturday 9am-11am

\* All classes at Cloverdale are now early sign up. \* Held at **Don Christian Recreation Centre 604-502-6400** 6220 184 Street

## SURREY SPORT & LEISURE COMPLEX 604-501-5950 16555 Fraser Highway #100 Effective Jan 8 - Mar 18

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Core Conditioning	6:15pm-7:15pm						
Fitness Yoga					10:30am-11:45am		
Flow Yoga	10:45am-12noon					9:15am-10:30am	
Functional Training		9am-10:30am				8am-9am	
HIIT				9am-10:30am			
Spin	5:45am-6:30am		6am-7am 9:15am-10:15am 12:10pm-12:55pm	6:15pm-7:15pm		8am-9am	
Step Interval	9:15am-10:15am				9:15am-10:15am		
SYNRGY Circuit	12:10pm-12:55pm				9am-10am		
Yoga			10:30am-11:45am				
Zumba	7:30pm-8:30pm	10:40am-11:40am 7:30pm-8:30pm	9:15am-10:15am 12:10pm-1:10pm 7:30pm-8:30pm	10:40am-11:40am 7:30pm-8:30pm	12:10pm-1:10pm		9:15am-10:15am

**Child Minding Hours:**  
Monday to Sunday 8:45am-12noon  
Monday to Thursday 5:45pm-8:45pm

## SOUTH SURREY RECREATION & ARTS CENTRE 604-592-6970 14601 20 Avenue Effective Jan 8 - Mar 18

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt	8am-9am	9:15am-10:15am	8am-9am 5:15pm-6:15pm	9:15am-10:15am*	8am-9am		
Bootcamp	6:30pm-7:30pm**	8am-9am		6:15am-7am		8:15am-9:15am	
Cardio Combo				8am-9am			
Core Conditioning	6:15am-7am 10:30am-11:30am		10:30am-11:30am*				
Fit 55+		11:45am-12:45pm	11:45am-12:45pm		11:45am-12:45pm		
Fit 55+ Lite	1:15pm-2:15pm**		1:15pm-2:15pm**				
High/Low Aerobics	9:15am-10:15am**				9:15am-10:15am		
Pilates		10:30am-11:30am		9:15am-10:15am			
Spin	8:15am-9am 9:15am-10:15am 12:10pm-12:55pm 5:15pm-6pm	8:15am-9am	9:15am-10:15am 12:10pm-12:55pm		8:15am-9am 5:15pm-6pm	8:30am-9:30am 9:45am-10:45am	8:45am-9:45am 10am-11am
Spin and Strength				9:15am-10:15am	9:15am-10:15am		
Spin 55+		10:30am-11:15am		10:30am-11:15am			
Step Interval	9:15am-10:15am		9:15am-10:15am		9:15am-10:15am		
Yoga	11:45am-1pm** 7:45pm-8:45pm	1pm-2pm 8:15pm-9:15pm	10:30am-11:30am 1pm-2pm 6:30pm-7:30pm 7:45pm-8:45pm**	11:45am-12:45pm	6:15am-7:15am 10:30am-11:30am	9:30am-10:30am 10:45am-11:45am	10am-11:15am
Yin Yoga							8:30am-9:45am
Yoga 55+	11:45am-12:45pm						
Zumba	10:30am-11:30am**	6:30pm-7:30pm	9:15am-10:15am* 7:45pm-8:45pm	8am-9am*	12:50pm-1:50pm		

**Child Minding Hours:**  
Monday to Friday 8am-1pm  
Monday to Thursday 5pm-8pm  
Saturday and Sunday 8am-12noon

Build your Own Workout! Tuesday & Thursday 30 minute class formats with 10 minutes built in between workouts!	TIME		TUESDAY		THURSDAY	
	6pm-6:30pm		Option 1	Option 2	Option 1	Option 2
	6:40pm-7:10pm		Spin	Cardio Combo	Body Sculpt	Spin
	7:20pm-7:50pm		Core Conditioning	Yoga	Spin	Barre

All classes take place in MP7 with the exception of \*Gym 3, \*\*MP5 and Spin in MP2 Spin Studio.

Please arrive on time for class.  
Schedules are subject to change without notice.