

CHUCK BAILEY RECREATION CENTRE

13458 107A Avenue 604-598-5898

EFFECTIVE DATE: February 3 – March 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Fit 55+ 9:15-10:15am</p> <p>Chair Exercises 10:30-11:30am</p>		<p>Yoga 9:15-10:15am</p>		<p>Fit 55+ 9:15-10:15am</p> <p>Chair Exercises 10:30-11:30am</p>		

CLOVERDALE RECREATION CENTRE 6188 176 Street 604-598-7960

EFFECTIVE DATE: February 3-March 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycling 9:00-10:00am	Indoor Cycling* 9:00-10:00am	Indoor Cycling* 9:00-9:45am	Indoor Cycling 6:15-7:00am	Yoga 7:45-8:45am	Indoor Cycling* 8:00-9:00am	Gentle Yoga 9:00-10:00am
Fit 55+ 9:30-10:30am	Bootcamp* 9:15-10:15am	Step & Sculpt* 9:15-10:15am	Indoor Cycling 9:00-10:00am	Indoor Cycling 9:00-10:00am	Yoga* 9:15-10:15am	
Bootcamp 10:45-11:45am	Yoga* 11:00am-12:00pm	Fit 55+* 9:30-10:30am	Step & Sculpt 9:15-10:15am	Cardio Combo 9:00-10:00am	Barre* 9:15-10:15am	
Body Sculpt 12:00-12:45pm	Cycle/Strength* 5:15-6:15pm	Functional Circuit 10:00-11:00am	Yoga 11:00am-12:00pm	Functional Circuit 10:15-11:00am	Functional Circuit* 9:15-10:15am	*Childminding available during these classes
	Cardio Combo* 5:30-6:30pm	Cycle/Strength Lite 11:15am-12:15pm	Cycle/Strength* 5:15-6:15pm		Barre 10:30-11:30am	
Body Sculpt* 5:15-6:15pm	Barre* 6:15-7:15pm	Step & Sculpt 5:15-6:15pm	Body Sculpt* 5:15-6:15pm	Themed Indoor Cycling* 6:00-7:00pm (Feb 7 only)	Bollywood Aerobics 12:00-1:00pm	
Cycle/Strength* 6:30-7:30pm	Functional Circuit* 6:30-7:15pm	Functional Training 6:30-7:30pm	Functional Circuit* 6:30-7:15pm			
Yoga* 6:30-7:30pm	Candlelight Yoga 8:00-9:00pm	Yoga 6:30-7:30pm	Zumba* 6:30-7:30pm			

FLEETWOOD COMMUNITY CENTRE

15996 84 Avenue 604-501-5030

EFFECTIVE DATE: Feb 3 – Mar 2 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Circuit Training 55+ 9:00am-10:00am	Step and Sculpt 9:15-10:15am	Circuit Training 55+ 9:00am-10:00am	Functional Training 9:15-10:15am	Circuit Training 55+ 9:00am-10:00am	BodySculpt 8:15-9:15am	Zumba 9:00am-10:00am
Step and Sculpt 9:00am-10:00am	Zumba 9:45-10:45am	Zumba 9:15-10:15am	Zumba 9:45-10:45am	Yoga 10:30-11:30am	Yoga 9:30-10:30am	Yoga 10:15-11:15am
Zumba 9:15-10:15am	Fit 55+ 10:30-11:30am	Yoga 9:15-10:15am	Fit 55+ 10:30-11:30am	Zumba 9:15-10:15am		
Yoga 10:15-11:15am	Yoga 6:45-7:45pm	Fit 55+ 10:30-11:30am	Step and Sculpt 5:30-6:30pm			
Chair Exercises 55+ 11:30-12:30pm		Chair Exercises 55+ 10:30-11:30am (Large Hall)	Yoga 6:45-7:45pm			
TRX 6:30-7:30pm		BodySculpt 5:45-6:45pm				
Zumba 7:00-8:00pm		Zumba 6:30-7:30pm				
Bhangra Aerobics 7:45pm-8:45pm						

FRASER HEIGHTS RECREATION CENTRE

February 3rd – March 2nd 2025

10588 160 Street 604-592-6920

EFFECTIVE DATE:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Bootcamp 13 + 8:30 - 9:30am</p>	<p>Cardio Kickboxing 13 + 8:30 - 9:30am</p>	<p>HITT 13+ 8:15 - 9:15pm</p>	<p>Body Sculpt 13+ 8:15 - 9:15pm</p>	<p>Core Conditioning 13+ 8:15 - 9:15am</p>	<p>Fitness Yoga 13+ 8:30 - 9:30am</p>	
<p>Fit 55+ 9:45 – 10:45am</p>	<p>Body Sculpt 13 + 9:45 – 10:45am</p>	<p>Fitness 13+ Yoga 9:15 - 10:15am</p>	<p>Stretch & Strength 9:30 - 10:30am</p>	<p>Zumba 13+ 9:30-10:30am</p>	<p>Zumba 13+ 11:00 – 12:00pm</p>	
<p>Functional Training 13+ 5:30 - 6:30pm</p>	<p>Bootcamp 13 + 6:45 - 7:45pm</p>	<p>Body Sculpt 13+ 6:45 - 7:45pm</p>	<p>Core Conditioning 13+ 6:45 - 7:45pm</p>	<p>Fit 55+ 10:45 – 11:45am</p>		
<p>Zumba 13+ 6:45 – 7:45pm</p>				<p>HITT 13+ 5:30 - 6:30pm</p>		

February 3rd – March 2nd 2025

GUILDFORD RECREATION CENTRE 15105 105 Avenue 604-502-6360

EFFECTIVE DATE:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Core Conditioning 9:30 - 10:30am</p>	<p>Indoor Cycling 9:15 - 10:15am</p>	<p>Body Sculpt 13+ 8:00-9:00am</p>	<p>Bootcamp 8:15-9:15am</p>	<p>Yoga 8:00 - 9:00am</p>	<p>Indoor Cycling 8:15 - 9:15am</p>	<p>Bhangra Aerobics 9:00 - 10:00am</p>
<p>Fitness Yoga 12:00 - 1:00pm</p>	<p>Zumba 9:30 - 10:30am</p>	<p>Fit 55+ 9:30 - 10:30am</p>	<p>Fit 55+ 9:30 - 10:30am</p>	<p>Core Conditioning 9:15 - 10:15am</p>	<p>Cardio Kickbox 8:30 - 9:30am</p>	<p>Zumba 10:15 - 11:15am</p>
<p>Yoga 5:00 - 6:00pm</p>	<p>Yoga 6:45 - 7:45pm</p>	<p>Chair Exercises 10:45-11:45am</p>	<p>HITT 13+ 12:00-1:00pm</p>	<p>Core Conditioning 9:15 - 10:15am</p>	<p>Yoga 13+ 8:45 - 9:45am</p>	
<p>Step & Sculpt 6:15 - 7:15pm</p>		<p>Indoor Cycling 5:30-6:30pm</p>	<p>Body Sculpt 5:45 - 6:45pm</p>			
		<p>Zumba 6:00-7:00pm</p>		<p>Zumba 7:00 - 8:00pm</p>		
		<p>Bootcamp 7:15-8:15pm</p>				

NEWTON RECREATION CENTRE

13730 72 Avenue 604-501-5540

EFFECTIVE DATE: February 03 – March 02

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Functional Circuit 11:00am –12:00pm Fitness Centre</p> <p>Yoga 1:00pm-2:00pm Room #4</p>	<p>Core Conditioning 8:00am – 9:00am Room #4</p> <p>Functional Circuit 11:00am –12:00pm Fitness Centre</p> <p>Yoga 55+ 10:15am-11:15am Room #4</p> <p>Yin Yoga 11:30am-12:30pm Room #4</p> <p>Indoor Cycling and Strength 6:00pm-7:00pm Room #4</p> <p>Zumba 7:30pm-8:30pm Room #4</p>	<p>Zumba 10:45am -11:45am Room #4</p> <p>Functional Circuit 11:00am-12:00pm Fitness Centre</p> <p>Yoga 12:00pm-1:00pm Room #4</p> <p>Functional Circuit 7:00pm –8:00pm Fitness Centre</p>	<p>Core Conditioning 8:00am – 9:00am Room #4</p> <p>Functional Circuit 11:00am –12:00pm Fitness Centre</p> <p>Step and Sculpt 6:00pm-7:00pm Room #4</p> <p>Zumba 7:30pm-8:30pm Room #4</p>	<p>Yin Yoga 12:15pm-1:15pm Room #4</p>	<p>Fitness Yoga 8:15am-9:00am Room #4</p> <p>Bootcamp 9:15am-10:15am Room #4</p> <p>Functional Circuit 10:30am-11:30am Fitness Centre</p>	

NORTH SURREY SPORT & ICE COMPLEX

10950 126A Street 604-591-4410

EFFECTIVE DATE: February 3 – March 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Circuit 9:15-10:15am	Circuit 9:15-10:15am	Cardio Combo 9:15-10:15am	Circuit 9:15-10:15am	Circuit 9:15-10:15am	Indoor Cycling 8:15-9am	Yoga 9-10am
	Yoga 9:15-10:15am		Yoga 9:15-10:15am	Core Conditioning 9:15-10:15am	Barre 9:15-10:15am	
				Fitness Yoga 10:30 – 11:30am	Yoga 10:45 – 11:45am	
Bootcamp 12 - 1pm					Body Sculpt 12:15-1:15pm	
Body Sculpt 5:15-6:15pm	Bootcamp 5:15-6:15pm	Yoga 5:15-6:15pm	Zumba 5:15-6:15pm	Body Sculpt 5:15-6:15pm	Family Yoga 1:30 – 2:30pm	
Core Conditioning 6:30-7:15pm	Indoor Cycling 6:30-7:15pm	Bootcamp 6:30-7:30pm	Indoor Cycling 5:15-6pm	Yoga 6:30-7:45pm		
Yoga 7:45-9pm	Zumba 6:30-7:30pm	Candlelight Yoga 7:45-9pm	Yoga 6:30-7:45pm			

SOUTH SURREY RECREATION & ARTS CENTRE

14601 20 Avenue 604-592-6970

EFFECTIVE DATE: February 3 – March 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bootcamp 8-9am	Cycle & Strength 6:15-7:15am	Body Sculpt 8-9am	Bootcamp 6:15-7:00am	Body Sculpt 8-9am	Yoga 8:15-9:15am	Indoor Cycling 8:45-9:30am
Ball, Balance & Strength 9:15-10:15am	TRX Training 6:45-7:45am	Step & Sculpt 9:15-10:15am	TRX Training 8-9am	STRONG Nation 9:00-10:00am	Indoor Cycling 9:15-10:15am	Dance Fit 9:30-10:30am
Body Sculpt 9:15-10:15am	Bootcamp 8-9am	Zumba 9:20-10:20am	Cycle & Strength 9:15-10:15am	Indoor Cycling 9:15-10:00am	Yoga 9:30-10:30am	Cycle & Strength 9:45-10:45am
Indoor Cycling 9:15-10:15am	Cycle & Strength 9:15-10:15am	Indoor Cycling 9:15-10:15am	Zumba 9:20-10:20am	Dance Fit 9:15-10:15am	Zumba 10:45-11:45am	Yoga 10:45-11:45am
Core Conditioning 10:30-11:30am	Zumba 9:20-10:20am	Fit 55+ 10:30-11:30am	Body Sculpt 10:30-11:30am	Bootcamp 10:15-11:15am		
Yoga 10:30-11:30am	Yoga 9:30-10:30am	Pilates 10:30-11:30am	Fit 55+ 11:45am-12:45pm	Yoga 10:30-11:30am		
Fit 55+ 11:45am-12:45pm	Pilates 10:30-11:30am	Core Conditioning 11:45am-12:45pm	Fit 55+ Lite 12:15-1:15pm	Fit 55+ 11:45am-12:45pm		
Chair Yoga 55+ 11:45am-12:45pm	Fit 55+ 11:45am-12:45pm	Chair Yoga 55+ 12-1pm	Yoga 1-2pm	Chair Yoga 55+ 12-1pm		
Indoor Cycling 12-12:45pm	Yoga 1-2pm	Pilates 5:15-6:15pm	TRX Training 5:15-6:15pm	TRX Training 1-2pm		
Fit 55+ Lite 1-2pm	Yoga 3:30-4:30pm	Dance Fit 6:30-7:30pm	Cardio Kickbox 6:30-7:30pm	Yoga 4:30-5:30pm		
Yoga 1-2pm	TRX Training 5:15-6:15pm	Yoga 7:45-8:45pm	Zumba 6:30-7:30pm			
Pilates 5-6pm	STRONG Nation 5:15-6:15pm					
Zumba 6:30-7:30pm	Zumba 6:30-7:30pm					
Yin Yoga 7:45-8:45pm	Yoga 7:45-8:45pm					

SURREY SPORTS & LEISURE COMPLEX

#100 - 16555 Fraser Hwy 604-501-5950

EFFECTIVE DATE: Feb 3 – Mar 2 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Yoga 9:15-10:15am</p> <p>Core Conditioning 10:30-11:30am</p> <p>Bodysculpt 5:30-6:30pm</p> <p>Yoga 6:45-7:45pm</p>	<p>Functional Training 9:15-10:15am</p> <p>Yoga 10:30-11:30am</p> <p>Core Conditioning 5:30-6:30pm</p> <p>Dance Fit 6:45-7:45pm</p>	<p>Step and Sculpt 8:15-9:15am</p> <p>Pilates 9:30-10:30am</p> <p>Barre 7:00-8:00pm</p>	<p>Yoga 9:15-10:15am</p> <p>Barre 10:30-11:30am</p> <p>Zumba 6:45-7:45pm</p>	<p>Step and Sculpt 8:15-9:15am</p> <p>Core Conditioning 9:30-10:30am</p> <p>Pilates 5:30-6:30pm</p>	<p>Functional Training 9:15-10:15am</p> <p>Yoga 10:30-11:30am</p>	<p>Step and Sculpt 9:00-10:00am</p>