

CHUCK BAILEY RECREATION CENTRE

13458 107A Avenue 604-598-5898

EFFECTIVE DATE: July 2 – July 28

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

## CLOVERDALE RECREATION CENTRE

6188 176 Street 604-598-7960

EFFECTIVE DATE: July 2 to August 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Bootcamp</b> 6:15-7:15am	<b>Indoor Cycle*</b> 9:15-10:15am	<b>Fit 55+</b> 8:15-9:15am	<b>Indoor Cycle</b> 6:15-7:00am	<b>Bootcamp</b> 6:15-7:15am	<b>Indoor Cycle*</b> 8:00-9:00am	<b>Gentle Yoga</b> 9:00-10:00am
<b>Fit 55+</b> 8:15-9:15am	<b>Bootcamp*</b> 9:15-10:15am	<b>Indoor Cycle*</b> 9:00-9:45am	<b>Indoor Cycle</b> 9:00-10:00am	<b>Yoga</b> 7:45-8:45am	<b>Yoga*</b> 9:15-10:15am	
<b>Indoor Cycle</b> 9:15-10:15am	<b>Yoga 55+</b> 11:00am-12:00pm	<b>Bootcamp*</b> 9:15-10:15am	<b>Step &amp; Sculpt</b> 9:15-10:15am	<b>Indoor Cycle</b> 9:00-10:00am	<b>Functional Circuit*</b> 9:30-10:15am	
<b>Fit 55+</b> 9:30-10:30am		<b>Fit 55+</b> 9:30-10:30am	<b>Yoga 55+</b> 11:00am-12:00pm	<b>Functional Circuit</b> 10:15am-11:00am	<b>Bollywood</b> 12:00-1:00pm	
<b>Ball, Balance &amp; Strength 55+</b> 10:45-11:45am		<b>Functional Circuit*</b> 10:00-11:00am				
	<b>Cycle/Strength*</b> 5:15-6:15pm	<b>Fit 55+ Lite</b> 10:45-11:45am				
<b>Body Sculpt*</b> 5:15-6:15pm	<b>Cardio Combo</b> 5:30-6:30pm	<b>Step &amp; Sculpt</b> 5:15-6:15pm	<b>Body Sculpt*</b> 5:15-6:15pm			<b>*Childminding available during these classes</b>
<b>Cycle/Strength*</b> 6:30-7:30pm	<b>Functional Circuit*</b> 6:30-7:15pm	<b>Functional Training</b> 6:30-7:30pm	<b>Functional Circuit*</b> 6:15-7:15pm			
<b>Yoga*</b> 6:30-7:30pm	<b>Gentle Yoga</b> 8:00-9:00pm	<b>Yoga</b> 6:30-7:30pm	<b>Zumba*</b> 6:30-7:30pm			

### CLAYTON COMMUNITY CENTRE

7155 187A Street 604-502-6300

EFFECTIVE DATE: July 2 to August 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Outdoor Body Sculpt*</b> 9:15-10:15am</p> <p><b>Indoor Cycling*</b> 9:30-10:15am</p> <p><b>Gentle Yoga*</b> 10:45am-12:00pm</p>	<p><b>Yoga</b> 8:00-9:00am</p> <p><b>Yoga*</b> 9:15-10:15am</p> <p><b>Fit 55+*</b> 9:15-10:15am</p> <p><b>Functional Circuit*</b> 9:30-10:30am</p> <p><b>Ball, Balance &amp; Strength - 55+*</b> 10:45-11:45am</p> <p><b>Yoga</b> 12:00-1:00pm</p> <p><b>Zumba</b> 6:00-7:00pm</p> <p><b>Yin Yoga</b> 6:15-7:15pm</p>	<p><b>Bootcamp</b> 6:15-7:15am</p> <p><b>Zumba*</b> 9:15-10:15am</p> <p><b>Outdoor HIIT</b> 5:30-6:30pm</p> <p><b>Indoor Power Cycling</b> 6:30-7:30pm</p>	<p><b>Gentle Yoga</b> 8:00-9:00am</p> <p><b>Indoor Power Cycling*</b> 9:15-10:15am</p> <p><b>Yoga*</b> 9:15-10:15am</p> <p><b>Fit 55+*</b> 9:15-10:15am</p> <p><b>Barre*</b> 10:30-11:30am</p> <p><b>Bootcamp</b> 5:45-6:45pm</p> <p><b>Fitness Yoga</b> 6:15-7:15pm</p> <p><b>Yin Yoga</b> 7:30-8:30pm (starts July 11)</p>	<p><b>Outdoor Bootcamp*</b> 9:15-10:15am</p> <p><b>Indoor Power Cycling*</b> 9:30-10:15am</p> <p><b>Ball, Balance &amp; Strength - 55+*</b> 9:30-10:30am</p> <p><b>Zumba*</b> 10:30-11:30am</p> <p><b>Functional Circuit*</b> 10:45-11:45am</p> <p><b>Yin Yoga</b> 6:00-7:00pm</p>	<p><b>Barre</b> 9:15-10:15am</p> <p><b>Indoor Power Cycling</b> 9:30-10:15am</p> <p><b>*Childminding available during these classes</b></p>	<p><b>Indoor Power Cycling</b> 8:30-9:30am</p> <p><b>Fitness Yoga</b> 8:30-9:30am</p> <p><b>Yoga</b> 9:45-10:45am</p>

### FLEETWOOD COMMUNITY CENTRE

15996 84 Avenue 604-501-5030

EFFECTIVE DATE: July 2 – Aug 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Circuit Training 55+</b> 9:00am-10:00am (Weight room)</p> <p><b>Step and Sculpt</b> 8:15-9:15am</p> <p><b>Zumba</b> 9:30-10:30am</p> <p><b>TRX</b> 6:30-7:30pm</p> <p><b>Zumba</b> 7:00-8:00pm (Large Hall)</p> <p><b>Bhangra Aerobics</b> 7:45-8:45pm</p>	<p><b>Step and Sculpt</b> 8:15-9:15am</p> <p><b>Zumba</b> 9:30-10:30am</p> <p><b>Fit 55+</b> 10:45-11:45am</p> <p><b>Step and Sculpt</b> 5:30-6:30pm</p> <p><b>Yoga</b> 6:45-7:45pm</p>	<p><b>Circuit Training 55+</b> 9:00am-10:00am (Weight room)</p> <p><b>Zumba</b> 8:15-9:15am</p> <p><b>Yoga</b> 9:30-10:30am</p> <p><b>Chair Exercises 55+</b> 10:45-11:45am</p> <p><b>BodySculpt</b> 5:45-6:45pm</p> <p><b>Zumba</b> 6:30-7:30pm (Large Hall)</p>	<p><b>Functional Training</b> 8:15-9:15am</p> <p><b>Zumba</b> 9:30-10:30am</p> <p><b>Fit 55+</b> 10:45-11:45am</p> <p><b>Step and Sculpt</b> 5:30-6:30pm</p> <p><b>Yoga</b> 6:45-7:45pm</p>	<p><b>Circuit Training 55+</b> 9:00am-10:00am (Weight room)</p> <p><b>Yoga</b> 10:15-11:15am ( Room #3 )</p>	<p><b>BodySculpt</b> 8:15-9:15am</p> <p><b>Yoga</b> 9:30-10:30am</p>	<p><b>Zumba</b> 9:00am-10:00am</p> <p><b>Yoga</b> 10:15-11:15am</p>

GRANDVIEW HEIGHTS AQUATIC CENTRE

16855 24 Avenue 604-590-7800

EFFECTIVE DATE: July 2 to August 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Drop In Functional Training 12:15pm-1pm</p>		<p>Drop In Functional Training 12:15pm-1pm</p>		<p>Drop In Functional Training 12:15pm-1pm</p>		

**GUILDFORD RECREATION CENTRE** 15105 105 Avenue 604-502-6360

**EFFECTIVE DATE:** July 2 – August 5

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

**FRASER HEIGHTS RECREATION CENTRE**

10588 160 Street 604-592-6920

**EFFECTIVE DATE: July 2 – August 5**

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

## NEWTON RECREATION CENTRE

13730 72 Avenue 604-501-5540

EFFECTIVE DATE: July 02<sup>nd</sup> – August 04<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Functional Circuit</b> 11:00am – 12:00pm Fitness Centre</p> <p><b>Yoga</b> 1:00pm – 2:00pm Room #4</p>	<p><b>Core Conditioning</b> 8:30am – 9:30am Room #4</p> <p><b>Functional Circuit</b> 9:45am – 10:45am Fitness Centre</p> <p><b>Yoga 55+</b> 10:15am – 11:15am Room #4</p> <p><b>Yin Yoga</b> 11:30am – 12:30pm Room #4</p> <p><b>Indoor Cycling and Strength</b> 6:00pm – 7:00pm Room #4</p> <p><b>Zumba</b> 7:30pm – 8:30pm Room #4</p>	<p><b>Zumba</b> 10:45am – 11:45am Room #4</p> <p><b>Functional Circuit</b> 11:00am – 12:00pm Fitness Centre</p> <p><b>Functional Circuit</b> 7:00pm – 7:45pm Fitness Centre</p>	<p><b>Core Conditioning</b> 8:30am – 9:30am Room #4</p> <p><b>Step and Sculpt</b> 6:00pm – 7:00pm Room #4</p> <p><b>Zumba</b> 7:30pm – 8:30pm Room #4</p>	<p><b>Yin Yoga</b> 12:15pm – 1:15pm Room #4</p> <p><b>Functional Circuit</b> 5:30pm – 6:30pm Fitness Centre</p>	<p><b>Fitness Yoga</b> 8:15am – 9:00am Room #4</p> <p><b>Bootcamp</b> 9:15am – 10:15am Room #4</p> <p><b>Functional Circuit</b> 10:30am – 11:30am Fitness Centre</p> <p><b>Functional Circuit</b> 4:00pm – 5:00pm Fitness Centre</p>	



## NEWTON SENIORS CENTRE

13775 70 Avenue 604-501-5010

EFFECTIVE DATE: July 2 – Aug 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Drop In Fit 55+</b> <b>10:30am-11:30am</b> Newton Recreation Centre Room 4</p>	<p><b>Drop In Fit 55+</b> <b>9:00am-10:00am</b> Newton Seniors Centre Auditorium</p>	<p><b>Drop In Fit 55+</b> <b>9:30am-10:30am</b> Newton Recreation Centre Room 4</p>	<p><b>Drop In Fit 55+</b> <b>9:00am-10:00am</b> Newton Seniors Centre Auditorium</p>	<p><b>Drop In Fit 55+</b> <b>10:00am-11:00am</b> Newton Recreation Centre Room 4</p>	<b>CLOSED</b>	<b>CLOSED</b>
	<p><b>Drop In Pickleball 55+</b> <b>8:30am-10:30am</b> Newton Recreation Centre Gymnasium</p>	<p><b>Drop In Table Tennis 55+</b> <b>8:30am-11:00am</b> Newton Seniors Centre Auditorium</p>	<p><b>Drop In Badminton 55+</b> <b>12:30pm-2:00pm</b> Newton Recreation Centre Gymnasium</p>	<p><b>Drop In Table Tennis 55+</b> <b>8:30am-11:00am</b> Newton Seniors Centre Auditorium</p>		
	<p><b>Drop In Table Tennis 55+</b> <b>1:00pm-3:15pm</b> Newton Seniors Centre Auditorium</p>	<p><b>Drop In Pickleball 55+</b> <b>10:00am-12:00pm</b> Newton Recreation Centre Gymnasium</p>		<p><b>Drop In Pickleball 55+</b> <b>8:30am-10:30am</b> Newton Recreation Centre Gymnasium</p>		
				<p><b>Drop In Pickleball 55+</b> <b>12:30pm-2:00pm</b> Newton Recreation Centre Gymnasium</p>		

**NORTH SURREY SPORT & ICE COMPLEX**

10950 126A Street 604-591-4410

**EFFECTIVE DATE: July 2 – July 28**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p><b>Circuit</b> 9:15-10:15am</p> <p><b>Yoga</b> 9:15-10:15am</p>	<p><b>Circuit</b> 9:15-10:15am</p>	<p><b>Circuit</b> 9:15-10:15am</p> <p><b>Yoga</b> 9:15-10:15am</p>	<p><b>Circuit</b> 9:15-10:15am</p> <p><b>Core Conditioning</b> 9:15-10:15am</p> <p><b>Fitness Yoga</b> 10:30 – 11:30am</p>	<p><b>Indoor Cycling</b> 8:15-9am</p> <p><b>Barre</b> 9:15-10:15am</p> <p><b>Yoga</b> 10:45 – 11:45am</p> <p><b>Body Sculpt</b> 12:15-1:15pm</p>	<p><b>Yoga</b> 9-10am</p>
<p><b>Body Sculpt</b> 5:15-6:15pm</p> <p><b>Core Conditioning</b> 6:30-7:15pm</p> <p><b>Yoga</b> 7:45-9pm</p>	<p><b>Bootcamp</b> 5:15-6:15pm</p> <p><b>Indoor Cycling</b> 6:30-7:15pm</p> <p><b>Zumba</b> 6:30-7:30pm</p>	<p><b>Yoga</b> 5:15-6:15pm</p> <p><b>Bootcamp</b> 6:30-7:30pm</p>	<p><b>Zumba</b> 5:15-6:15pm</p> <p><b>Indoor Cycling</b> 5:15-6pm</p> <p><b>Yoga</b> 6:30-7:45pm</p>			

## SOUTH SURREY RECREATION & ARTS CENTRE

14601 20 Avenue 604-592-6970

EFFECTIVE DATE: July 2 – August 5

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

**SURREY SPORTS & LEISURE COMPLEX**

#100 - 16555 Fraser Hwy 604-501-5950

**EFFECTIVE DATE: Jul 2 – Aug 5**

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