

CHUCK BAILEY RECREATION CENTRE

13458 107A Avenue 604-598-5898

EFFECTIVE DATE: December 23 – January 5

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

CLAYTON COMMUNITY CENTRE

7155 187A Street 604-502-6300

EFFECTIVE DATE: December 23 - Jan 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Facility Closed Dec 25th and Jan 1st	Facility Closed Dec 26th			
Body Sculpt* 9:15-10:15am	Yoga* 9:15-10:15am (Dec 24 only)		Yoga* 9:15-10:15am (Jan 2 only)	Bootcamp* 9:15-10:15am	Indoor Power Cycling 8:00-9:00am	Indoor Power Cycling 8:30-9:30am
Indoor Cycling* 9:30-10:15am (Dec 23 only)	Fit 55+* 9:15-10:15am		Fit 55+* 9:15-10:15am (Jan 2 only)	Ball, Balance & Strength - 55+* 9:30-10:30am	Body Sculpt 8:30-9:30am	
Gentle Yoga* 10:45am-11:45am (Dec 23 only)	Functional Circuit* 9:30-10:30am		Indoor Power Cycling* 9:15-10:15am (Jan 2 only)	Functional Circuit* 10:45-11:45am	Indoor Power Cycling 9:30-10:15am (Jan 4 only)	
	Dance Fit* 10:45-11:45am		Barre* 10:30-11:30am (Jan 2 only)			
Body Sculpt* 6:30-7:30pm	Yoga 12:00-1:00pm		Bootcamp 12:00-12:45pm (Jan 2 only)			
Indoor Power Cycling* 6:30-7:30pm			Fitness Yoga 6:30-7:30pm (Jan 2 only)			
Yoga 7:45-8:45pm			Candlelight Yoga 7:45-8:45pm (Jan 2 only)			
						*Childminding available during these classes

CLOVERDALE RECREATION CENTRE

6188 176 Street 604-598-7960

EFFECTIVE DATE: December 23-January 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 6:15-7:15am	Indoor Cycle* 9:00-10:00am	CLOSED Dec 25 & Jan 1	CLOSED Dec 26	Yoga 7:45-8:45am	Indoor Cycle* 8:00-9:00am	*Childminding available during these classes
Indoor Cycle 9:00-10:00am	Bootcamp* 9:15-10:15am		Indoor Cycle 9:00-10:00am	Indoor Cycle 9:00-10:00am	Yoga 9:15-10:15am	
Fit 55+ 9:30-10:30am		Step & Sculpt 9:15-10:15am	Functional Circuit 10:15am-11:00am	Barre 9:15-10:15am		
				Bollywood 12:00-1:00pm		
			Body Sculpt* 5:15-6:15pm			
Body Sculpt* 5:15-6:15pm			Functional Circuit 6:15-7:15pm			
Cycle/Strength* 6:30-7:30pm			Zumba* 6:30-7:30pm			
Yoga* 6:30-7:30pm						

FRASER HEIGHTS RECREATION CENTRE

Dec 22 2024 – Jan 6 2025

10588 160 Street 604-592-6920

EFFECTIVE DATE:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bootcamp 13 + 8:30 - 9:30am	Cardio Kickboxing 13 + 8:30 - 9:30am		HITT 13+ 8:15 - 9:15pm	Core Conditioning 13+ 8:15 - 9:15am	Fitness Yoga 13+ 8:15 - 9:15am	
Fit 55+ 9:45 – 10:45am	Body Sculpt 13 + 9:45 – 10:45am		Ball, Balance & Strength 9:30 - 10:30am	Zumba 13+ 9:30-10:30am Fit 55+ 10:45 – 11:45am	Zumba 13+ 10:45 - 11:45am	
Functional Training 13+ 5:30 - 6:30pm				Hit 13+ 5:30 - 6:30pm		
Zumba 13+ 6:45 – 7:45pm	Bootcamp 13 + 6:45 - 7:45pm		Core Conditioning 13+ 6:45 - 7:45pm			

FLEETWOOD COMMUNITY CENTRE

15996 84 Avenue 604-501-5030

EFFECTIVE DATE: Dec 23 – 29 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Circuit Training 55+ 9:00am-10:00am</p> <p>Step and Sculpt 9:15-10:15am</p> <p>TRX 6:30-7:30pm</p> <p>Bhangra Aerobics 7:45pm-8:45pm</p>	<p>Step and Sculpt 9:15-10:15am</p> <p>Fit 55+ 10:30-11:30am</p>	<p>No Fitness Classes</p>	<p>No Fitness Classes</p>	<p>No Fitness Classes</p>	<p>BodySculpt 8:15-9:15am</p> <p>Yoga 9:30-10:30am</p>	<p>Yoga 10:15-11:15am</p>

FLEETWOOD COMMUNITY CENTRE

15996 84 Avenue 604-501-5030

EFFECTIVE DATE: Dec 30 – Jan 5 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Circuit Training 55+ 9:00am-10:00am</p> <p>Step and Sculpt 9:15-10:15am</p> <p>TRX 6:30-7:30pm</p> <p>Bhangra Aerobics 7:45pm-8:45pm</p>	<p>Step and Sculpt 9:15-10:15am</p> <p>Fit 55+ 10:30-11:30am</p>	<p>No Fitness Classes</p>	<p>Functional Training 9:15-10:15am</p> <p>Fit 55+ 10:30-11:30am</p> <p>Step and Sculpt 5:30-6:30pm</p> <p>Yoga 6:45pm-7:45pm</p>	<p>No Fitness Classes</p>	<p>BodySculpt 8:15-9:15am</p> <p>Yoga 9:30-10:30am</p>	<p>Yoga 10:15-11:15am</p>

Dec 22 2024 – Jan 6 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>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>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>HITT 13+ 12:00-1:00pm</p>		<p>Yoga 13+ 8:45 - 9:45am</p>	
<p>Step & Sculpt 6:15 - 7:15pm</p>	<p>Yoga 6:45 - 7:45pm</p>		<p>Body Sculpt 5:45 - 6:45pm</p>	<p>Zumba 7:00 - 8:00pm</p>		

NEWTON SENIORS CENTRE

13775 70 Avenue 604-501-5010

EFFECTIVE DATE: Dec 23 – Jan 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Drop In Fit 55+ 10:00am-11:00am Newton Recreation Centre Room 4</p>	<p>Drop In Pickleball 55+ 8:30am-10:30am Newton Recreation Centre Gymnasium</p> <p>Drop In Table Tennis 55+ 1:00pm-3:15pm Newton Seniors Centre Auditorium</p>	<p>Drop In Fit 55+ 9:30am-10:30am Newton Recreation Centre Room 4</p> <p>Drop In Table Tennis 55+ 8:45am-11:15am Newton Seniors Centre Auditorium</p> <p>Drop In Pickleball 55+ 10:00am-12:00pm Newton Recreation Centre Gymnasium</p>	<p>Drop In Badminton 55+ 12:30pm-2:00pm Newton Recreation Centre Gymnasium</p>	<p>Drop In Fit 55+ 10:00am-11:00am Newton Recreation Centre Room 4</p> <p>Drop In Table Tennis 55+ 8:45am-11:15am Newton Seniors Centre Auditorium</p> <p>Drop In Pickleball 55+ 8:30am-10:30am Newton Recreation Centre Gymnasium</p> <p>Drop In Pickleball 55+ 12:30pm-2:00pm Newton Recreation Centre Gymnasium</p>	<p>CLOSED</p>	<p>CLOSED</p>

NORTH SURREY SPORT & ICE COMPLEX

10950 126A Street 604-591-4410

EFFECTIVE DATE: December 23 – January 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Circuit 9:15-10:15am</p> <p>Bootcamp 12 - 1pm</p> <p>Body Sculpt 5:15-6:15pm</p> <p>Core Conditioning 6:30-7:15pm (Dec 23 only)</p>	<p>Circuit 9:15-10:15am</p> <p>Yoga 9:15-10:15am</p>		<p>Circuit 9:15-10:15am (Jan 2 only)</p> <p>Indoor Cycling 5:15-6pm (Jan 2 only)</p> <p>Yoga 6:30-7:45pm (Jan 2 only)</p>	<p>Circuit 9:15-10:15am</p> <p>Core Conditioning 9:15-10:15am</p> <p>Fitness Yoga 10:30 – 11:30am</p>	<p>Indoor Cycling 8:15-9am (Jan 4 only)</p> <p>Barre 9:15-10:15am (Jan 4 only)</p> <p>Yoga 10:45 – 11:45am</p> <p>Body Sculpt 12:15-1:15pm (Jan 4 only)</p>	<p>Yoga 9-10am</p>

SURREY SPORTS & LEISURE COMPLEX

#100 - 16555 Fraser Hwy 604-501-5950

EFFECTIVE DATE: Dec 23 - 29 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Yoga 9:15-10:15am</p> <p>Core Conditioning 10:30-11:30am</p>	<p>Functional Training 9:15-10:15am</p> <p>Yoga 10:30-11:30am</p>	<p>No Fitness Classes</p>	<p>No Fitness Classes</p>	<p>Step and Sculpt 8:15-9:15am</p> <p>Core Conditioning 9:30-10:30am</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>

SURREY SPORTS & LEISURE COMPLEX

#100 - 16555 Fraser Hwy 604-501-5950

EFFECTIVE DATE: Dec 30 – Jan 5 2024

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>Functional Training 9:15-10:15am</p> <p>Yoga 10:30-11:30am</p>	<p>No Fitness Classes</p>	<p>Yoga 9:15-10:15am</p>	<p>Step and Sculpt 8:15-9:15am</p> <p>Core Conditioning 9:30-10:30am</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>

SOUTH SURREY RECREATION & ARTS CENTRE

14601 20 Avenue 604-592-6970

EFFECTIVE DATE: December 22 – January 5

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