

CHUCK BAILEY RECREATION CENTRE

13458 107A Avenue 604-598-5898

EFFECTIVE DATE: October 7 – November 3

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>		

CLAYTON COMMUNITY CENTRE

7155 187A Street 604-502-6300

EFFECTIVE DATE: October 7 to November 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt* 9:15-10:15am	Yoga 8:00-9:00am	Bootcamp 6:15-7:15am	Gentle Yoga 8:00-9:00am	Bootcamp* 9:15-10:15am	Indoor Power Cycling* 8:00-9:00am	Fitness Yoga 8:30-9:30am
Indoor Cycling* 9:30-10:15am	Yoga* 9:15-10:15am	Zumba* 9:15-10:15am	Yoga* 9:15-10:15am	Indoor Power Cycling* 9:30-10:15am	Body Sculpt 8:30-9:30am	Yoga 9:45-10:45am
Gentle Yoga* 10:45am-11:45am	Fit 55+* 9:15-10:15am	Functional Circuit* 9:30-10:30am	Fit 55+* 9:15-10:15am	Ball, Balance & Strength - 55+* 9:30-10:30am	Indoor Power Cycling 9:30-10:15am	*Childminding available during these classes
	Functional Circuit* 9:30-10:30am	Fitness Yoga 12:00-12:45pm	Indoor Power Cycling* 9:15-10:15am	Zumba* 10:30-11:30am	Yoga 9:45-10:45am	
	Ball, Balance & Strength - 55+* 10:45-11:45am	Tai Chi 12:15-1:15pm	Barre* 10:30-11:30am	Functional Circuit* 10:45-11:45am		
Bootcamp* 5:15-6:15pm	Yoga 12:00-1:00pm		Bootcamp 12:00-12:45pm			
Body Sculpt* 6:30-7:30pm	Body Sculpt 5:15-6:15pm					
Indoor Power Cycling* 6:30-7:30pm	Zumba 6:00-7:00pm			Yin Yoga 6:00-7:00pm		
Yoga 7:45-8:45pm	Indoor Power Cycling 6:30-7:15pm	Indoor Power Cycling 6:30-7:30pm	Fitness Yoga 6:30-7:30pm			
	Yin Yoga 6:30-7:30pm		Candlelight Yoga 7:45-8:45pm			

CLOVERDALE RECREATION CENTRE

6188 176 Street 604-598-7960

EFFECTIVE DATE: October 7-November 3

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

FRASER HEIGHTS RECREATION CENTRE

10588 160 Street 604-592-6920

EFFECTIVE DATE: October 7 – November 3

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

GUILDFORD RECREATION CENTRE 15105 105 Avenue 604-502-6360

EFFECTIVE DATE: October 7 – November 3

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

NEWTON RECREATION CENTRE

13730 72 Avenue 604-501-5540

EFFECTIVE DATE: October 07th – November 03rd

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>Core Conditioning 8:00am – 9:00am Room #4</p> <p>Yoga 55+ 10:15am – 11:15am Room #4</p> <p>Yin Yoga 11:30am – 12:30pm Room #4</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>Functional Circuit 5:30pm – 6:30pm Fitness Centre</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> <p>Functional Circuit 4:00pm – 5:00pm Fitness Centre</p>	

NORTH SURREY SPORT & ICE COMPLEX

10950 126A Street 604-591-4410

EFFECTIVE DATE: October 7 – November 3

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</p> <p>Yoga 7:45-9pm</p>	<p>Circuit 9:15-10:15am</p> <p>Yoga 9:15-10:15am</p> <p>Bootcamp 5:15-6:15pm</p> <p>Indoor Cycling 6:30-7:15pm</p> <p>Zumba 6:30-7:30pm</p>	<p>Circuit 9:15-10:15am</p> <p>Yoga 5:15-6:15pm</p> <p>Bootcamp 6:30-7:30pm</p>	<p>Circuit 9:15-10:15am</p> <p>Yoga 9:15-10:15am</p> <p>Zumba 5:15-6:15pm</p> <p>Indoor Cycling 5:15-6pm</p> <p>Yoga 6:30-7:45pm</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</p> <p>Barre 9:15-10:15am</p> <p>Yoga 10:45 – 11:45am</p> <p>Body Sculpt 12:15-1:15pm</p>	<p>Yoga 9-10am</p>

SOUTH SURREY RECREATION & ARTS CENTRE

14601 20 Avenue 604-592-6970

EFFECTIVE DATE: **October 7-November 3**

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	Indoor Cycling 9:15-10:00am	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	STRONG Nation 9:00-10:00am	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		
Indoor Cycling 12-12:45pm	Fit 55+ 11:45am-12:45pm	Chair Yoga 55+ 12-1pm	Yoga 1-2pm	Chair Yoga 55+ 12-1pm		
Chair Yoga 55+ 11:45am-12:45pm	Yoga 1-2pm	Dance Fit 6:30-7:30pm	TRX Training 5:15-6:15pm	TRX Training 1-2pm		
Fit 55+ Lite 1-2pm	Yoga 3:30-4:30pm	Yoga 7:45-8:45pm	Cardio Kickbox 6:30-7:30pm	Yoga 4:30-5:30pm		
Yoga 1-2pm	TRX Training 5:15-6:15pm		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					