

Fitness

DROP-IN SCHEDULES



RECREATION SURREY
Healthy Communities. Active Together.

Summer 2019 JULY 2 - SEPTEMBER 2
ALL FITNESS FACILITIES

Fitness Centre

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 and programs may differ on holidays and long weekends. Please look online for the most current information or contact the facility to confirm.

BC Day
Long Weekend
August 3 – August 5

Labour Day
Long Weekend
August 31 – September 2

Schedules are subject to change without notice.

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–9pm
Saturday, Sunday 8am–5pm

Surrey Sport & Leisure Complex
16555 Fraser Hwy 604-501-5950
Monday to Saturday 5:30am–9pm
Sunday 6am–9pm

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 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–10pm
Tuesday, Thursday 6am–9:30pm
Friday, Saturday 6am–9pm
Sunday 8am–8pm

Wellness Centre
Monday, Wednesday 6am–8pm
M, W *Women only* 8pm–10pm
Tuesday, Thursday 6am–9:30pm
Friday, Saturday 6am–9pm
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 variety of admissions and passes offer great value and access to all drop-in activities valid at any of our recreation facilities including: pools, arenas, gyms and fitness centres.

Recreation Pass Unlimited Visits Annual or Monthly

Type	Term	Child/Youth 2–18yrs	Student* 19–59yrs	Adult 60–69yrs	Senior 70yrs+	Family†
Recreation Pass	1 year	\$262.00	\$392.75	\$523.75	\$392.75*	\$131.00° \$1047.25
	1 month	35.75	53.75	71.50	53.75	18.00 143.00

Admissions Single or Multi-Visit

Type	Term	Child/Youth 2–18yrs	Student* 19–59yrs	Adult 60–69yrs	Senior 70yrs+	Family†
Drop-in	1 visit	\$ 3.50	\$ 5.25	\$ 7.00	\$ 5.25	\$ 1.75 \$ 3.50^
Value Rates*	1 visit	1.75	2.75	3.50	2.75	.90 1.75^
	10 visits	31.50	47.50	62.00	47.50	16.00 N/A
Swipe Pass	20 visits	56.00	84.00	111.00	84.00	28.00 N/A

Payment Options

Surrey offers monthly payment options for the annual Recreation Pass. Make payments using automatic debit or credit card. Skip the lineup and buy your annual, monthly or swipe passes online.

* Rates only apply for accredited post-secondary institutions and require proof of student ID.
° Includes a complimentary Seniors Services Membership.
† Includes a maximum of two adults and unlimited dependent children 18 years or younger.
^ Per family member (minimum one parent/guardian and one dependent child 18 years or younger).
« Offered at some facilities during non-prime times. If a facility offers value rates it will be indicated on the drop-in schedule for that facility.

Schedules are subject to change without notice.

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surrey.ca/recreation



Get fit with us!

Whether you want to work out in a fully equipped fitness centre 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
Initial Consultation (90 minutes)	\$87.50	\$87.50 (per person)
Ongoing Sessions (1 hour)	\$58.25	\$87.50/group
5 Swipe Pass (for the price of 4)	\$232.50	\$349.50/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

- > 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.

CHUCK BAILEY RECREATION CENTRE 604-598-5898 13458 107A Avenue Effective July 2 – September 2

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt				9:15am–10:15am			
Bootcamp						9:15am–10:15am	
Circuit Training 55+					10:30am–11:30am		
Core Conditioning			5:30pm–6:15pm				
Fit 55+	9:15am–10:15am		9:15am–10:15am				
Fit 55+ Lite	12pm–12:45pm				9:15am–10:15am		
Gentle Yoga	1pm–2pm	5:30pm–6:30pm		1pm–2pm			
Yoga		9:15am–10:30am		6pm–7pm		12pm–1pm 1:15pm–2:15pm	
Zumba		11:30am–12:30pm					

NORTH SURREY RECREATION CENTRE 604-502-6300 10275 City Parkway Effective July 2 – September 2

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt	12pm–1pm [«]						
Bootcamp		5pm–6pm		5pm–6pm			
Cardio Combo			12pm–1pm [«]				
Circuit Training			9:15am–10:15am				
Core Conditioning	1pm–1:45pm		1pm–1:45pm	12pm–1pm			
Fit 55+	9:15am–10:15am						
Functional Training	4:45pm–5:45pm						
Pilates	5:50pm–6:30pm						
Yoga		<input checked="" type="checkbox"/> 12pm–1pm		12pm–1pm			
Zumba		6:45pm–7:45pm					

[«] Value time pricing (see Drop-in Fees)

NEWTON RECREATION CENTRE 604-501-5540 13730 72 Avenue Effective July 2 – September 2

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt	9:15am–10:15am			9:15am–10:15am			9:15am–10:15am
Bootcamp	6:15pm–7:15pm	9:15am–10:15am		6:15am–7am			
Cardio Kickbox			6:15pm–7:15pm				
Chair Exercises	6:15pm–7:15pm						
Fit 55+		9:15am–10:15am*		9:15am–10:15am*			
Fitness Yoga			5pm–6pm				
Flow Yoga							10:30am–11:30am
HIIT	10:30am–11:30am		6:15am–7am				
Indoor Cycling and Strength	7:30pm–8:30pm	6:15am–7am	9:15am–10:15am 12pm–12:45pm			8:15am–9am	
Step and Sculpt						9:15am–10:15am	
SYNRGY Circuit	5:15pm–6pm	10:30am–11:30am		12pm–12:45pm	12pm–12:45pm		
TRX Suspension Training					6:15am–7am		
Yin Yoga		<input checked="" type="checkbox"/> 11:30am–12:45pm		4:30pm–5:45pm		<input checked="" type="checkbox"/> 9am–10:15am	
Yoga	12pm–1pm		8am–9am	6pm–7pm	8am–9am 9:15am–10:15am	10:30am–11:30am	
Yoga 55+			9:30am–10:30am*				
Zumba		7:15pm–8:15pm		7:15pm–8:15pm	<input checked="" type="checkbox"/> 6:30pm–7:30pm		

* Held at **Newton Seniors Centre 604-501-5010** 13775 70 Avenue Value rates do not apply to drop-in dry-land fitness classes, they only apply to drop-in aquatic fitness classes.

SURREY SPORT & LEISURE COMPLEX 604-501-5950 16555 Fraser Highway #100 Effective July 2 – September 2

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Yoga					10:30am–11:45am		
Functional Training		9am–10:30am		9am–10:30am			
Indoor Cycling	5:45am–6:30am		6am–7am 12:10pm–12:55pm				
Step Interval	9:15am–10:15am				9:15am–10:15am		
SYNRGY Circuit	12:10pm–12:55pm						
Yoga	10:30am–11:45am		10:30am–11:45am				
Zumba	<input checked="" type="checkbox"/>	10:40am–11:40am 7:30pm–8:30pm	9:15am–10:15am 7:30pm–8:30pm	10:40am–11:40am 7:30pm–8:30pm			9:15am–10:15am

Early sign-up.

Childminding Hours:
Monday to Friday 8:45am–1:30pm
Monday to Thursday 5:45pm–8:45pm
Saturday & Sunday 8:45am–12pm

Group Fitness **DROP-IN**

We offer a variety of group fitness and wellness classes for every ability. Whether you're new to fitness classes or 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

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

NON CARDIO

BARRE	Try a combination of ballet, Pilates, strength and flexibility training using a ballet barre.
BODY SCULPT	Use a variety of equipment and exercises in this strength training workout.
CHAIR EXERCISES	A gentle introduction to exercise. Maintain balance and coordination using a chair for support.
CIRCUIT TRAINING	Move from station to station in the fitness centre. Use a variety of equipment to improve cardio and strength.
CORE CONDITIONING	Place emphasis on strengthening your major core muscles, improve balance and core stability.
FUNCTIONAL TRAINING	Focus on day-to-day movements by maintaining and improving balance, core strength and stability.
TRX SUSPENSION TRAINING	A body weight strength-based workout to target all muscle groups, increase core strength and flexibility.
WEIGHT TRAINING - YOUTH 13-18YRS	Join an experienced instructor and become familiar with the fitness centre. Focus on safe and effective training techniques.

COMBO CLASS

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

ADULT 55+

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

MIND BODY

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

GET YOUR SUMMER FUNPASS

**ON SALE JUNE 1, 2019
DROP-IN ALL SUMMER**

Enjoy unlimited, citywide access to all drop-in programs

- \$ 47.50 CHILD/YOUTH
- \$ 94.75 ADULT
- \$ 71.25 STUDENT/ SENIOR 60-69YRS
- \$ 23.75 SENIOR 70+YRS

- Swimming
- Skating
- Gym activities
- Fitness classes
- Fitness centres 13yrs+

surrey.ca/register

Please arrive on time for class.

BRIDGEVIEW COMMUNITY CENTRE 604-592-7081 11475 126A Street

Effective July 2 - September 2

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt				11am-12noon			

CLOVERDALE RECREATION CENTRE 604-598-7960 6188 176 Street

Effective July 2 - September 2

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt	☑	5:15pm-6:15pm		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	5:15pm-6:15pm	6:15am-7:15am	9:30am-10:30am	9:30am-10:30am
Cardio Combo	☑		5:15pm-6:15pm		9:15am-10:15am		
Circuit Training 55+	☑	9:15am-10:15am					
Core Conditioning	☑		6:30pm-7:30pm				
Dance Fit	☑	6pm-7pm					
Dance Fit 55+	☑		10:30am-11:30am				
Fit 55+	☑	9:15am-10:15am			8am-9am 9:15am-10:15am		
Fit 55+ Lite	☑	10:30am-11:30am		10:30am-11:30am			
SYNRGY Circuit	☑	6:45pm-8:45pm			10am-10:45am 6:45pm-7:45pm		
Indoor Cycling	☑	9:15am-10:15am 5:45pm-6:30pm	6:15am-7am	5:30pm-6:15pm	9:15am-10am 5:30pm-6:15pm	7:30am-8:15am	8:30am-9:15am
Indoor Cycling and Strength	☑		5:15pm-6:15pm	9:15am-10:15am		8:30am-9:30am	
Yoga	☑	7:45pm-9pm	6:30pm-7:45pm	7:45pm-9pm	7:45pm-9pm	8:15am-9:15am	9:30am-10:45am

Childminding Hours:

Monday	9am-11am	5pm-8pm
Tuesday		5pm-8pm
Wednesday	9am-11am	5pm-8pm
Thursday		5pm-8pm
Friday	9am-11am	
Saturday	9am-11am	

☑ All classes at Cloverdale Recreation Centre are early sign up.

FLEETWOOD COMMUNITY CENTRE 604-501-5030 15996 84 Avenue

Effective July 2 - September 2

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt	8am-9am			8am-8:50am 5:40pm-6:40pm			
Bollywood Aerobics			6:50pm-7:50pm				
Cardio Combo	7pm-8pm						
Circuit Training 55+	9am-10am		9am-10am		9am-10am		
Core Conditioning			8am-9am				
Fit 55+		9am-10am		9am-10am			
Fit 55+ Lite		11:30am-12:30pm					
Fitness Yoga			10:30am-11:30am				10:15am-11:30am
High/Low Aerobics	10:30am-11:30am						
Step		6:40pm-7:40pm				8:50am-9:50am	
Step Interval					9am-10am		9am-10am
TRX Suspension Training		☑ 5:30pm-6:30pm					
Yoga		7:50pm-8:50pm	5:30pm-6:30pm		7:45pm-8:45pm		
Zumba	9:15am-10:15am 7:30pm-8:30pm	10:15am-11:15am	9:15am-10:15am	10:30am-11:30am 7pm-8pm		☑ 10am-11am	

Childminding Hours:

Monday	5:45pm-8:45pm
Thursday	5:30pm-8:45pm

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

FRASER HEIGHTS RECREATION CENTRE 604-592-6920 10588 160 Street

Effective July 2 - September 2

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		5:45pm-6:45pm			7:05am-8:05am	9:15am-10:15am	
Cardio Combo			7:05am-8:05am 7pm-8pm				
Core Conditioning	8:05am-9:05am	7pm-8pm					
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			8:05am-9:05am			10:30am-11:30am	
Yoga	7:50am-8:50am ☑ 9:05am-10:20am	5:30pm-6:30pm	☑ 3:45pm-5pm ☑ 5:15pm-6:30pm ☑ 6:45pm-8pm		9:15am-10:15am		
Zumba					11:45am-12:45pm		

Childminding Hours:

Monday and Wednesday	8am-11am
Tuesday	9am-11am
Thursday	9am-11am
Friday	9am-11am

GUILDFORD RECREATION CENTRE 604-502-6360 15105 105 Avenue

Effective July 2 - September 2

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ball, Balance and Strength 55+		☑ 8:20am-9:20am		☑ 8:20am-9:20am			
Body Sculpt			7pm-8pm	5:45pm-6:45pm			9:15am-10:30am
Bootcamp		12:10pm-12:50pm	9:15am-10:15am				
Cardio Combo							
Cardio Kickbox	☑ 7pm-8pm						
Chair Exercises		10:45am-11:45am		10:45am-11:45am			
Dance Fit 55+					☑ 10:30am-11:30am		
Fit 55+	9:15am-10:15am		9:15am-10:15am		12:10pm-12:50pm		
Flow Yoga				7:10am-8:10am			
Gentle Yoga		7:10am-8:10am		7:10am-8:10am			
High/Low Aerobics		5:45pm-6:45pm					
HIIT	9:15am-10am						
Pilates			7am-7:45am 12:10pm-12:50pm				
Indoor Cycling	12:10pm-12:50pm ☑ 5:30pm-6:15pm	9:15am-10:15am 6pm-7pm	9:15am-10:15am ☑ 5:30pm-6:15pm	9:15am-10:15am 12:10pm-12:50pm 6pm-7pm	6:15am-7am	☑ 8:15am-9:15am	9:30am-10:30am
Step and Kickbox					9:15am-10:15am	9:45am-11:15am	
Step and Sculpt	5:45pm-6:45pm				9:15am-10:15am		
Yoga	7pm-8pm			☑ 8:15am-9:30am ☑ 9:45am-11am	9:15am-10:30am	☑ 8:30am-10am	
Zumba		9:30am-10:30am	☑ 5:45pm-6:45pm		☑ 6:15pm-7:15pm		

Childminding Hours:

Monday	9-11:15am	5-8:15pm
Tuesday	9-11:15am	5-7:15pm
Wednesday	9-11:15am	5-8:15pm
Thursday	9-11:15am	5-7:15pm
Friday	9-11:15am	5:30-7:30pm
Saturday	8-11:30pm	

SOUTH SURREY RECREATION & ARTS CENTRE 604-592-6970 14601 20 Avenue

Effective July 2 - September 2

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt	☑ 8am-9am	☑ 9:15am-10:15am	☑ 8am-9am	☑ 9:15am-10:15am			
Bootcamp	6:30pm-7:30pm	6:15am-7am ☑ 8am-9am		6:15am-7am		☑ 8:15am-9:15am	
Cardio Combo				8am-9am	☑ 9:15am-10:15am**		
Core Conditioning	6:15am-7am ☑ 10:30am-11:30am		☑ 10:30am-11:30am		6:15pm-7pm**		
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**						
Indoor Cycling	☑ 9:15am-10:15am 12:10pm-12:55pm 5:15pm-6:15pm	8:15am-9am 6pm-6:45pm	☑ 9:15am-10:15am 12:10pm-12:55pm	6:15pm-7:15pm	☑ 8:15am-9am 5:15pm-6pm	8:30am-9:30am	☑ 8:45am-9:45am ☑ 10am-11am
Indoor Cycling and Strength		9:15am-10:15am		9:15am-10:15am	9:15am-10:15am	9:45am-10:45am	
Indoor Cycling 55+		10:30am-11:15am		10:30am-11:15am			
Pilates		☑ 10:30am-11:30am 7pm-8pm**		☑ 9:15am-10:15am**			
Step Interval	☑ 9:15am-10:15am		☑ 9:15am-10:15am				
STRONG by Zumba		5:30pm-6:30pm**		10:30am-11:30am			
Yoga	11:45am-12:45pm** 7:45pm-8:45pm	1pm-2pm 7:45pm-8:45pm	10:30am-11:30am** 1pm-2pm 6:30pm-7:30pm 7:45pm-8:45pm**	11:45am-12:45pm 1pm-2pm 7:15pm-8:30pm	6:15am-7:15am 8am-9am ☑ 10:30am-11:30am	☑ 9:30am-10:30am ☑ 10:45am-11:45am	☑ 9:30am-10:45am
Yoga 55+	11:45am-12:45pm						
Zumba	☑ 10:30am-11:30am**	6:30pm-7:30pm	☑ 9:15am-10:15am** 7:45pm-8:45pm	6pm-7pm	9:15am-10:15am		

All classes take place in MP7 with the exception of *MP1, **MP5 and Indoor Cycling in MP2 Indoor Cycling Studio.

SOUTH SURREY INDOOR POOL 604-502-6220 14655 17 Avenue

Effective July 2 - September 2

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt	10am-11am						
Circuit Training	11:15am-12:15pm	5:30pm-6:30pm	11:15am-12:15pm	5:30pm-6:30pm			
Core Conditioning		6:45pm-7:45pm		6:45pm-7:45pm			

GRANDVIEW HEIGHTS AQUATIC CENTRE 604-590-7800 16855 24 Avenue