

Fitness

DROP-IN SCHEDULES



RECREATION SURREY
Healthy Communities. Active Together.

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.

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-10pm
Saturday, Sunday 8am-5pm

Surrey Sport & Leisure Complex
16555 Fraser Hwy 604-501-5950

Monday to Friday 5:30am-10pm
Saturday, Sunday 7am-8pm

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* | Adult 19-59yrs | Senior** 60-69yrs | 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* | Adult 19-59yrs | Senior** 60-69yrs | 70yrs+ | Family‡ |
|--------------|-----------|------------------------|----------|-------------------|----------------------|---------|----------|
| Drop-in | 1 visit | \$ 3.50 | \$ 5.25 | \$ 7.00 | \$ 5.25 | \$ 1.75 | \$ 3.50^ |
| Value Time « | 1 visit | 1.75 | 2.75 | 3.50 | 2.75 | .90 | 1.75^ |
| Swipe Pass | 10 visits | 31.50 | 47.50 | 62.00 | 47.50 | 16.00 | N/A |
| | 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 time it will be indicated on the drop-in schedule for that facility.

FAMILY FUNPASS

DROP-IN FOR FUN ALL SPRING BREAK

ON SALE
FEB 18

surrey.ca/recreation

Schedules are subject to change without notice.
Not all drop-in classes run on holidays.
Please call facility or check online to confirm.

Spring Break MARCH 18 - MARCH 31
2019 ALL FITNESS FACILITIES

Please arrive on time for class.

061560

surrey.ca/recreation



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

TWO WEEK SPRING BREAK MONDAY, MARCH 18 - SUNDAY, MARCH 31

| | MON 18 | TUE 19 | WED 20 | THU 21 | FRI 22 | SAT 23 | SUN 24 | MON 25 | TUE 26 | WED 27 | THU 28 | FRI 29 | SAT 30 | SUN 31 |
|-------------|--------|--------|--------|-----------|--------|--------|--------|--------|--------|--------|-----------|--------|--------|--------|
| Body Sculpt | | | | 11am-12pm | | | | | | | 11am-12pm | | | |

CLOVERDALE RECREATION CENTRE 6188 176 St 604-598-7960

TWO WEEK SPRING BREAK MONDAY, MARCH 18 - SUNDAY, MARCH 31

| | MON 18 | TUE 19 | WED 20 | THU 21 | FRI 22 | SAT 23 | SUN 24 | MON 25 | TUE 26 | WED 27 | THU 28 | FRI 29 | SAT 30 | SUN 31 |
|---|--|-------------------------|-----------------------------|---------------------------|--------------|--------------|--------------|--|-------------------------|-----------------------------|---------------------------|---------------|--------------|--------------|
| <input checked="" type="checkbox"/> All Early Sign-up | | | | | | | | | | | | | | |
| Body Sculpt | | 5:15-6:15pm | | 6:30-7:30pm | | | | | 5:15-6:15pm | | 6:30-7:30pm | | | |
| Bootcamp | 6:15-7:15am 9:15-10:15am 5:15-6:15pm | 9:15-10:15am | 6:15-7:15am 9:15-10:15am | 5:15-6:15pm | 6:15-7:15am | 9:30-10:30am | 9:30-10:30am | 6:15-7:15am 9:15-10:15am 5:15-6:15pm | 9:15-10:15am | 6:15-7:15am 9:15-10:15am | 5:15-6:15pm | 6:15-7:15am | 9:30-10:30am | 9:30-10:30am |
| Cardio Combo | | | 5:15-6:15pm | | 9:15-10:15am | | | | 9:15-10:15am | 5:15-6:15pm | | 9:15-10:15am | | |
| Circuit Training 55+ | | 9:15-10:15am | | | | | | | | | | | | |
| Core Conditioning | | | 6:30-7:30pm | | | | | | | 6:30-7:30pm | | | | |
| Dance Fit | 6-7pm | | | | 5:15-6:15pm | | | 6-7pm | | | | 5:15-6:15pm | | |
| Dance Fit 55+ | | | 10:30-11:30am | | | | | | | 10:30-11:30am | | | | |
| Fit 55+ | 9:15-10:15am | | 9:15-10:15am | | 9:15-10:15am | | | 9:15-10:15am | | 9:15-10:15am | | 9:15-10:15am | | |
| Fit 55+ Lite | 10:30-11:30am | | 10:30-11:30am | | | | | 10:30-11:30am | | 10:30-11:30am | | 10:30-11:30am | | |
| HIIT | | | 6:45-7:30pm | | | | | | | 6:45-7:30pm | | | | |
| SYNRGY Circuit | 6:45-8:45pm | | | 10-10:45am 6:45-7:45pm | 10-10:45am | | | 6:45-8:45pm | | | 10-10:45am 6:45-7:45pm | 10-10:45am | | |
| Indoor Cycling | 9:15-10:15am 5:45-6:30pm | 6:15-7am 6:30-7:30pm | 5:30-6:15pm | 9:15-10am 5:30-6:15pm | 9:15-10am | 7:30-8:15am | 8:30-9:15am | 9:15-10:15am 5:45-6:30pm | 6:15-7am 6:30-7:30pm | 5:30-6:15pm | 9:15-10am 5:30-6:15pm | 9:15-10am | 7:30-8:15am | 8:30-9:15am |
| Indoor Cycling and Strength | | 5:15-6:15pm | 9:15-10:15am | | | 8:30-9:30am | | | 5:15-6:15pm | 9:15-10:15am | | | 8:30-9:30am | |
| Step Interval | 6:30-7:30pm | | | | | | | 6:30-7:30pm | | | | | | |
| Yoga | 7:45-9pm | 6:30-7:45pm | 7:45-9pm | 6:15-7:15am 7:45-9pm | | 8:15-9:15am | 9:30-10:45am | 7:45-9pm | 6:30-7:45pm | 7:45-9pm | 6:15-7:15am 7:45-9pm | | 8:15-9:15am | 9:30-10:45am |

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

NEWTON RECREATION CENTRE 13730 72 Avenue 604-501-5540

TWO WEEK SPRING BREAK MONDAY, MARCH 18 - SUNDAY, MARCH 31

| | MON 18 | TUE 19 | WED 20 | THU 21 | FRI 22 | SAT 23 | SUN 24 | MON 25 | TUE 26 | WED 27 | THU 28 | FRI 29 | SAT 30 | SUN 31 |
|-----------------------------|---------------|-----------------|----------------------------|---------------|-----------------------|---------------|---------------|---------------|-----------------|----------------------------|---------------|-----------------------|---------------|---------------|
| Body Sculpt | 9:15-10:15am | | | 9:15-10:15am | | | 9:15-10:15am | 9:15-10:15am | | | 9:15-10:15am | | | 9:15-10:15am |
| Bootcamp | 6-7pm | 9:15-10:15am | | 6:15-7am | | | | 6-7pm | 9:15-10:15am | | 6:15-7am | | | |
| Cardio Kickbox | | | 6:15-7:15pm | | | | | | | 6:15-7:15pm | | | | |
| Chair Exercises | 6:15-7:15pm | | | | | | | 6:15-7:15pm | | | | | | |
| Fit 55+ | | 9:05-10:05am* | | 9:05-10:05am* | | | | | 9:05-10:05am* | | 9:05-10:05am* | | | |
| Fitness Yoga | | | 5-6pm | | | | | | | 5-6pm | | | | |
| Flow Yoga | | | | | | | 10:30-11:30am | | | | | | | 10:30-11:30am |
| HIIT | 10:30-11:30am | | 6:15-7am | | | | | 10:30-11:30am | | | 6:15-7am | | | |
| Indoor Cycling and Strength | 7:15-8:15pm | 6:15-7am | 9:15-10:15am 12-12:45pm | | | 8:15-9am | | 7:15-8:15pm | 6:15-7am | 9:15-10:15am 12-12:45pm | | | 8:15-9am | |
| Step and Sculpt | | | | | | 9:15-10:15am | | | | | | | 9:15-10:15am | |
| SYNRGY Circuit | 5:15-6pm | 10:30-11:30am | | | 12-12:45pm | | | 5:15-6pm | 10:30-11:30am | | | 12-12:45pm | | |
| TRX Suspension Training | | | | | 6:15-7am | | | | | | | 6:15-7am | | |
| Yin Yoga | | 11:30am-12:45pm | | 4:30-5:45pm | | 9-10:15am | | | 11:30am-12:45pm | | 4:30-5:45pm | | 9-10:15am | |
| Yoga | 12-1pm | | 8-9am | 6-7pm | 8-9am 9:15-10:15am | 10:30-11:30am | | 12-1pm | | 8-9am | 6-7pm | 8-9am 9:15-10:15am | 10:30-11:30am | |
| Yoga 55+ | | | 9:30-10:30am* | | | | | | | 9:30-10:30am* | | | | |
| Zumba | | 7:15-8:15pm | | 7:15-8:15pm | 6:30-7:30pm | | | | 7:15-8:15pm | | 7:15-8:15pm | 6:30-7:30pm | | |

* 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. Times in orange are classes available for early sign-up.

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

TWO WEEK SPRING BREAK MONDAY, MARCH 18 - SUNDAY, MARCH 31

| | MON 18 | TUE 19 | WED 20 | THU 21 | FRI 22 | SAT 23 | SUN 24 | MON 25 | TUE 26 | WED 27 | THU 28 | FRI 29 | SAT 30 | SUN 31 |
|-------------------|-----------------|-------------|-----------------|-------------|--------|--------|--------|-----------------|-------------|-----------------|-------------|--------|--------|--------|
| Body Sculpt | 10-11am | | 10-11am | | | | | 10-11am | | | 10-11am | | | |
| Circuit Training | 11:15am-12:15pm | 5:30-6:30pm | 11:15am-12:15pm | 5:30-6:30pm | | | | 11:15am-12:15pm | 5:30-6:30pm | 11:15am-12:15pm | 5:30-6:30pm | | | |
| Core Conditioning | | 6:45-7:45pm | | 6:45-7:45pm | | | | | 6:45-7:45pm | | 6:45-7:45pm | | | |

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

TWO WEEK SPRING BREAK MONDAY, MARCH 18 - SUNDAY, MARCH 31

| | MON 18 | TUE 19 | WED 20 | THU 21 | FRI 22 | SAT 23 | SUN 24 | MON 25 | TUE 26 | WED 27 | THU 28 | FRI 29 | SAT 30 | SUN 31 |
|-------------------|-----------|------------|-----------|------------|-----------|--------|--------|-----------|------------|-----------|------------|-----------|--------|--------|
| Circuit Training | | 4-4:30pm | | | 4-4:30pm | | | | 4-4:30pm | | 4-4:30pm | | | |
| Core Conditioning | | 11-11:30am | | 11-11:30am | | | | | 11-11:30am | | 11-11:30am | | | |
| SYNRGY Circuit | 12:30-1pm | | 12:30-1pm | | 12:30-1pm | | | 12:30-1pm | | 12:30-1pm | | 12:30-1pm | | |

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

TWO WEEK SPRING BREAK MONDAY, MARCH 18 - SUNDAY, MARCH 31

| | MON 18 | TUE 19 | WED 20 | THU 21 | FRI 22 | SAT 23 | SUN 24 | MON 25 | TUE 26 | WED 27 | THU 28 | FRI 29 | SAT 30 | SUN 31 |
|-----------------------------|---|----------------------|--|---|------------------------------|---|------------------------|---|----------------------|--|---|------------------------------|---|------------------------|
| Barre | | | | 6:40-7:10pm | | | | | | | 6:40-7:10pm | | | |
| Body Sculpt | 8-9am | 9:15-10:15am | 8-9am | 9:15-10:15am | 8-9am | | | 8-9am | 9:15-10:15am | 8-9am | 6:40-7:10pm | 8-9am | | |
| Bootcamp | 6:30-7:30pm | 6:15-7am 8-9am | | 6:15-7am | | 8:15-9:15am | | 6:30-7:30pm | 6:15-7am 8-9am | | 6:15-7am | | 8:15-9:15am | |
| Cardio Combo | | | | 8-9am 5:45-6:30pm | | | | | | | 8-9am 5:45-6:30pm | | | |
| Core Conditioning | 6:15-7am 10:30-11:30am | 7-7:45pm** | 10:30-11:30am | | 6:15-7pm** | Childminding Hours: Monday to Friday 8am-1pm Monday to Thursday 5-8pm Saturday, Sunday 8am-12pm | | 6:15-7am 10:30-11:30am | 7-7:45pm** | 10:30-11:30am | | 6:15-7pm** | Childminding Hours: Monday to Friday 8am-1pm Monday to Thursday 5-8pm Saturday, Sunday 8am-12pm | |
| Fit 55+ | | 11:45am-12:45pm | 11:45am-12:45pm | | 11:45am-12:45pm | | | | 11:45am-12:45pm | 11:45am-12:45pm | | 11:45am-12:45pm | | |
| Fit 55+ Lite | | | 1:15-2:15pm* | | | | | | | 1:15-2:15pm* | | | | |
| High/Low Aerobics | 9:15-10:15am** | | | | 9:15-10:15am | | | 9:15-10:15am** | | | | 9:15-10:15am | | |
| Indoor Cycling | 8:15-9am 9:15-10:15am 12:10-12:55pm 5:15-6pm | 8:15-9am 6-6:45pm | 9:15-10:15am 12:10-12:55pm | 6:15-7:15pm | 8:15-9am 5:15-6pm | 8:30-9:30am 9:45-10:45am | 8:45-9:45am 10-11am | 8:15-9am 9:15-10:15am 12:10-12:55pm 5:15-6pm | 8:15-9am 6-6:45pm | 9:15-10:15am 12:10-12:55pm | 6:15-7:15pm | 8:15-9am 5:15-6pm | 8:30-9:30am 9:45-10:45am | 8:45-9:45am 10-11am |
| Indoor Cycling and Strength | | 9:15-10:15am | | 9:15-10:15am | 9:15-10:15am | | | | 9:15-10:15am | | 9:15-10:15am | 9:15-10:15am | | |
| Indoor Cycling 55+ | | 10:30-11:15am | | 10:30-11:15am | | | | | 10:30-11:15am | | 10:30-11:15am | | | |
| Pilates | | 10:30-11:30am | | 9:20-10:20am** | | | | | 10:30-11:30am | | 9:20-10:20am** | | | |
| Step Interval | 9:15-10:15am | | 9:15-10:15am | | | | | 9:15-10:15am | | 9:15-10:15am | | | | |
| STRONG by Zumba | | 5:30-6:30pm** | | 10:30-11:30am | | | | | 5:30-6:30pm** | | 10:30-11:30am | | | |
| Tabata | | | 6-7pm** 10:30-11:30am** | | | | | | | 6-7pm** 10:30-11:30am** | | | | |
| Yoga | 11:45am-12:45pm** 7:15-8:30pm** | 1-2pm | 10:30-11:30am** 1-2pm 6:30-7:30pm 7:45-8:45pm** | 11:45am-12:45pm 1-2pm 7:15-8:30pm | 6:15-7:15am 10:30-11:30am | 9:30-10:30am 10:45-11:45am | 10-11:15am | 11:45am-12:45pm** 7:45-8:45pm | 1-2pm | 10:30-11:30am** 1-2pm 6:30-7:30pm 7:45-8:45pm** | 11:45am-12:45pm 1-2pm 7:15-8:30pm | 6:15-7:15am 10:30-11:30am | 9:30-10:30am 10:45-11:45am | 10-11:15am |
| Yin Yoga | | | | | | | 8:30-9:45am | | | | | | | 8:30-9:45am |
| Yoga 55+ | 11:45am-12:45pm | | | | | | | 11:45am-12:45pm | | | | | | |
| Zumba | 10:30-11:30am** | 6:30-7:30pm | 9:15-10:15am** 7:45-8:45pm | | 12:50-1:50pm | | | 10:30-11:30am** | 6:30-7:30pm | 9:15-10:15am** 7:45-8:45pm | | 12:50-1:50pm | | |

All classes take place in MP7 with the exception of •MP1, *Gym 3, **MP5 and Indoor Cycling in MP2 Indoor Cycling Studio. Times in orange are classes available for early sign-up.

SURREY SPORT & LEISURE COMPLEX 16555 Fraser Highway #100 604-501-5950

TWO WEEK SPRING BREAK MONDAY, MARCH 18 - SUNDAY, MARCH 31

| | MON 18 | TUE 19 | WED 20 | THU 21 | FRI 22 | SAT 23 | SUN 24 | MON 25 | TUE 26 | WED 27 | THU 28 | FRI 29 | SAT 30 | SUN 31 |
|---------------------|---------------|------------------------------|--|------------------------------|---------------|---|--------------|---------------|------------------------------|--|------------------------------|---------------|---|--------------|
| Early Sign-up | | | | | 10:30-11:45am | | | | | | | 10:30-11:45am | | |
| Fitness Yoga | | | | | | | | | | | | | | |
| Flow Yoga | 10:30-11:45am | | | | | 9:15-10:30am 8-9am | | 10:30-11:45am | | | | | 9:15-10:30am 8-9am | |
| Functional Training | | 9-10:30am | | 9-10:30am | | | | | 9-10:30am | | 9-10:30am | | | |
| Indoor Cycling | 5:45-6:30am | | 6-7am 9:15-10:15am 12:10-12:55pm | | | Childminding Hours: Monday to Friday 8:45am-1:30pm Monday to Thursday 5:45-8:45pm Saturday & Sunday 8:45am-12pm | | 5:45-6:30am | | 6-7am 9:15-10:15am 12:10-12:55pm | | | Childminding Hours: Monday to Friday 8:45am-1:30pm Monday to Thursday 5:45-8:45pm Saturday & Sunday 8:45am-12pm | |
| Step Interval | 9:15-10:15am | | | | 9:15-10:15am | | | 9:15-10:15am | | | | 9:15-10:15am | | |
| SYNRGY Circuit | 12:10-12:55pm | | | | | | | 12:10-12:55pm | | | | | | |
| Yoga | | | 10:30-11:45am | 10:40-11:40am | 12:10-1:10pm | | 10:30am-12pm | | | 10:30-11:45am | 10:40-11:40am 7:30-8:30pm | 12:10-1:10pm | | 10:30am-12pm |
| Zumba | 6:15-7:15pm | 10:40-11:40am 7:30-8:30pm | 9:15-10:15am 7:30-8:30pm | 10:40-11:40am 7:30-8:30pm | | | 9:15-10:15am | 6:15-7:15pm | 10:40-11:40am 7:30-8:30pm | 9:15-10:15am 7:30-8:30pm | 10:40-11:40am 7:30-8:30pm | 12:10-1:10pm | | 9:15-10:15am |

NORTH SURREY RECREATION CENTRE 10275 City Parkway 604-502-6300

TWO WEEK SPRING BREAK MONDAY, MARCH 18 - SUNDAY, MARCH 31

| | MON 18 | TUE 19 | WED 20 | THU 21 | FRI 22 | SAT 23 | SUN 24 | MON 25 | TUE 26 | WED 27 | THU 28 | FRI 29 | SAT 30 | SUN 31 |
|---------------------|---------------------|-------------|---------------------|--------|--------------|---|--------|---------------------|-------------|--------------|--------|--------------|---|--------|
| Body Sculpt | 12-1pm ^e | | | | | | | 12-1pm ^e | | | | | | |
| Bootcamp | | 5-6pm | | 5-6pm | 12-1pm | | | | 5-6pm | | 5-6pm | 12-1pm | | |
| Cardio Combo | | | 12-1pm ^e | | | Childminding Hours: Monday 4:30-7:30pm Tuesday 5-8pm Thursday 4-8pm | | 9:15-10:15am | | 9:15-10:15am | | 9:15-10:15am | Childminding Hours: Monday 4:30-7:30pm Tuesday 5-8pm Thursday 4-8pm | |
| Circuit Training | 9:15-10:15am | | 9:15-10:15am | | 9:15-10:15am | | | 9:15-10:15am | | | | | | |
| Core Conditioning | 1-1:45pm | | 1-1:45pm | | 1-1:45pm | | | 1-1:45pm | | 1-1:45pm | | 1-1:45pm | | |
| Functional Training | 4:45-5:45pm | | | | | | | 4:45-5:45pm | | | | | | |
| Pilates | 5:50-6:30pm | | | | | | | 5:50-6:30pm | | | | | | |
| Yoga | | 12-1pm | | 12-1pm | | | | | 12-1pm | | 12-1pm | | | |
| Zumba | | 6:45-7:45pm | | | | | | | 6:45-7:45pm | | | | | |

^eValue time pricing (see Drop-in Fees) Times in orange are classes available for early sign-up.

CHUCK BAILEY RECREATION CENTRE 13458 107 A Avenue 604-598-5898

TWO WEEK SPRING BREAK MONDAY, MARCH 18 - SUNDAY, MARCH 31

| | MON 18 | TUE 19 | WED 20 | THU 21 | FRI 22 | SAT 23 | SUN 24 | MON 25 | TUE 26 | WED 27 | THU 28 | FRI 29 | SAT 30 | SUN 31 |
|-------------------|--------------|--------------|--------------|--------------|---------------|-----------------------|--------|--------------|--------------|--------------|--------------|---------------|-----------------------|--------|
| Body Sculpt | | | | 9:15-10:15am | | | | | | | 9:15-10:15am | | | |
| Bootcamp | | | | | | 9:15-10:15am | | | | | | | 9:15-10:15am | |
| Core Conditioning | | | 5:30-6:15pm | | | | | | | 5:30-6:15pm | | | | |
| Fit 55+ | 9:15-10:15am | | 9:15-10:15am | | | | | 9:15-10:15am | | 9:15-10:15am | | | | |
| Fit 55+ Lite | 12-12:45pm | | | | 10:45-11:45am | | | 12-12:45pm | | | | 10:45-11:45am | | |
| Gentle Yoga | 1-2pm | 5:30-6:30pm | | 1-2pm | | | | 1-2pm | 5:30-6:30pm | | 1-2pm | | | |
| Yoga | | 10-11:15am | | 6-7pm | | 12-1pm 1:15-2:15pm | | | 10-11:15am | | 6-7pm | | 12-1pm 1:15-2:15pm | |
| Zumba | | 12:15-1:15pm | | | | | | | 12:15-1:15pm | | | | | |

FLEETWOOD COMMUNITY CENTRE 15996 84 Avenue 604-501-5030

TWO WEEK SPRING BREAK MONDAY, MARCH 18 - SUNDAY, MARCH 31

| | MON 18 | TUE 19 | WED 20 | THU 21 | FRI 22 | SAT 23 | SUN 24 | MON 25 | TUE 26 | WED 27 | THU 28 | FRI 29 | SAT 30 | SUN 31 |
|-------------------------|----------------------------|--------------|---------------|----------------------------|-------------|--|--------|----------------------------|--------------|---------------|----------------------------|-------------|--|---------------|
| Body Sculpt | | | | 8-8:50am 5:40-6:40pm | | | | | | | 8-8:50am 5:40-6:40pm | | | |
| Bollywood Aerobics | | | 6:50-7:50pm | | | | | | | 6:50-7:50pm | | | | |
| Bootcamp | | | | | 6:50-7:50pm | Childminding Hours: Monday 5:45pm-8:45pm Thursday 5:30pm-8:45pm | | | | | | 6:50-7:50pm | Childminding Hours: Monday 5:45pm-8:45pm Thursday 5:30pm-8:45pm | |
| Cardio Combo | 7-8pm | | | | 9-10am | | | 7-8pm | | | | 9-10am | | |
| Circuit Training 55+ | 9-10am | | | | | | | 9-10am | | | | | | |
| Core Conditioning | | | 8-9am | | | | | | | 8-9am | | | | |
| Dance Fit | | | 5:30-6:30pm | | | | | | | 5:30-6:30pm | | | | |
| Fit 55+ | | | | 9-10am | | | | | | | 9-10am | | | |
| Fit 55+ Lite | | 11am-12pm | | | | | | | 11am-12pm | | | | | |
| Fitness Yoga | | | 10:30-11:30am | | | | | | | 10:30-11:30am | | | | 10:15-11:30am |
| High/Low Aerobics | 10:30-11:30am | | | | | | | 10:30-11:30am | | | | | | |
| Step | | 6:50-7:50pm | | | | 8:50-9:50am | | | 6:50-7:50pm | | | | 8:50-9:50am | |
| Step Interval | | | | | | | 9-10am | | | | | | | 9-10am |
| TRX Suspension Training | | 5:30-6:30pm | | | | | | | 5:30-6:30pm | | | | | |
| Yoga | 4:30-5:30pm 5:40-6:40pm | 8-9pm | | 6:30-7:30pm 7:40-8:40pm | 8-9pm | | | 4:30-5:30pm 5:40-6:40pm | 8-9pm | | 6:30-7:30pm 7:40-8:40pm | 8-9pm | | |
| Zumba | | 9:30-10:30am | | 10:30-11:30am | | 10-11am | | | 9:30-10:30am | 9:15-10:15am | 10:30-11:30am | | 10-11am | |

M/W/F - 9am-10am not all equipment in the Fitness Centre is available due to the Circuit Training 55+. ^eValue time pricing (see Drop-in Fees) - Sunday 8am-12pm Fitness Centre only. Times in orange are classes available for early sign-up.

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

TWO WEEK SPRING BREAK MONDAY, MARCH 18 - SUNDAY, MARCH 31

| | MON 18 | TUE 19 | WED 20 | THU 21 | FRI 22 | SAT 23 | SUN 24 | MON 25 | TUE 26 | WED 27 | THU 28 | FRI 29 | SAT 30 | SUN 31 |
|---------------------|-----------------------------|-------------|----------------------|-------------|---------------|--|--------|-----------------------------|---------------|----------------------|---------------|---------------|--|--------|
| Body Sculpt | | | 9:15-10:15am | 5:45-6:45pm | 9:15-10:15am | | | | | 9:15-10:15am | 5:45-6:45pm | 9:15-10:15am | | |
| Bollywood Aerobics | | | | 7-8pm | | | | | | | 7-8pm | | | |
| Bootcamp | | 5:45-6:45pm | | | | 9:15-10:15am | | | 5:45-6:45pm | | | | 9:15-10:15am | |
| Cardio Combo | | | 7:05-8:05am 7-8pm | | | Childminding Hours: Monday, Wednesday 8-11am Tuesday 9-11:45am Thursday, Friday 9-11am | | 8:05-9:05am | 7-8pm | 7:05-8:05am 7-8pm | | 10:30-11:30am | Childminding Hours: Monday, Wednesday 8-11am Tuesday 9-11:45am Thursday, Friday 9-11am | |
| Core Conditioning | 8:05-9:05am | 7-8pm | | | 10:30-11:30am | | | 8:05-9:05am | | | | 10:30-11:30am | | |
| Fit 55+ | | | 11:15am-12:15pm | | | | | 10:30-11:30am | | 11:15am-12:15pm | | 10:30-11:30am | | |
| Functional Training | 9:15-10:15am 5:45-6:45pm | | | | | | | 9:15-10:15am 5:45-6:45pm | 10:30-11:30am | | 10:30-11:30am | | | |
| Step Interval | 7-8pm | | | | | 10:30-11:30am | | 7-8pm | 9:15-10 | | | | | |