

# Fitness

## DROP-IN SCHEDULES



**RECREATION SURREY**  
Healthy Communities. Active Together.

**Spring 2019** APRIL 1 - JUNE 30  
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.

Easter Long Weekend Apr 19 - 22  
Victoria Day Long Weekend May 18 - 20  
Canada Day Long Weekend Jun 29 - Jul 1

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-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<br>2-18yrs | Student* | Adult<br>19-59yrs | Senior**<br>60-69yrs | 70yrs+   | Family <sup>‡</sup> |
|-----------------|---------|------------------------|----------|-------------------|----------------------|----------|---------------------|
| 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<br>2-18yrs | Student* | Adult<br>19-59yrs | Senior**<br>60-69yrs | 70yrs+  | Family <sup>‡</sup>  |
|-------------------------|-----------|------------------------|----------|-------------------|----------------------|---------|----------------------|
| Drop-in                 | 1 visit   | \$ 3.50                | \$ 5.25  | \$ 7.00           | \$ 5.25              | \$ 1.75 | \$ 3.50 <sup>^</sup> |
| Value Time <sup>«</sup> | 1 visit   | 1.75                   | 2.75     | 3.50              | 2.75                 | .90     | 1.75 <sup>^</sup>    |
|                         | 10 visits | 31.50                  | 47.50    | 62.00             | 47.50                | 16.00   | N/A                  |
| Swipe Pass              | 10 visits | 56.00                  | 84.00    | 111.00            | 84.00                | 28.00   | 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.

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](http://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 April 1 - June 30

| 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                 |                | 10am-11:15am    |                | 6pm-7pm        |                 | 12pm-1pm       | 1:15pm-2:15pm |
| Zumba                |                | 11:30am-12:30pm |                |                |                 |                |               |

### NORTH SURREY RECREATION CENTRE 604-502-6300 10275 City Parkway Effective April 1 - June 30

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

<sup>«</sup> Value time pricing (see Drop-in Fees)

### NEWTON RECREATION CENTRE 604-501-5540 13730 72 Avenue Effective April 1 - June 30

| PROGRAM                     | MONDAY          | TUESDAY   | WEDNESDAY                      | THURSDAY        | FRIDAY  | SATURDAY  | SUNDAY          |
|-----------------------------|-----------------|---|--------------------------------|-----------------|---|---|-----------------|
| Body Sculpt                 | 9:15am-10:15am  |   |                                | 9:15am-10:15am  |   |   | 9:15am-10:15am  |
| Bootcamp                    | 6pm-7pm         | 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 | 7:15pm-8:15pm   | 6:15am-7am  | 9:15am-10:15am<br>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<br>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 April 1 - June 30

| PROGRAM                                   | MONDAY          | TUESDAY                          | WEDNESDAY                                    | THURSDAY                         | FRIDAY          | SATURDAY       | SUNDAY         |
|---|-----------------|----------------------------------|--|----------------------------------|-----------------|----------------|----------------|
| Fitness Yoga                              |                 |                                  |  |                                  | 10:30am-11:45am |                |                |
| Flow Yoga                                 |                 |                                  |  |                                  |                 | 9:15am-10:45am |                |
| Functional Training                       |                 | 9am-10:30am                      |  | 9am-10:30am                      |                 | 8am-9am        |                |
| Indoor Cycling                            | 5:45am-6:30am   |                                  | 6am-7am<br>9:15am-10:15am<br>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                              |                                  |                 |                | 10:30am-12pm   |
| Zumba <input checked="" type="checkbox"/> | 6:15pm-7:15pm   | 10:40am-11:40am<br>7:30pm-8:30pm | 9:15am-10:15am<br>7:30pm-8:30pm              | 10:40am-11:40am<br>7:30pm-8:30pm | 12:10pm-1:10pm  |                | 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                    |  |
|---------------------------|--|
| <b>BOLLYWOOD AEROBICS</b> | Experience a cardio workout combining Indian dance moves to Bollywood music.   |
| <b>BOOTCAMP</b>           | Increase strength, stamina and flexibility with a variety of fitness and athletic conditioning drills.   |
| <b>CARDIO COMBO</b>       | Combine a variety of formats such as step, high/low, cardio drills or cardio kickbox, including muscle conditioning.                                   |
| <b>CARDIO KICKBOX</b>     | Tone muscles and improve stamina using a choreographed routine of punching and kicking drills.   |
| <b>DANCE FIT</b>          | Enjoy a cardio workout featuring dance steps from a variety of dance styles.   |
| <b>HIGH/LOW AEROBICS</b>  | Learn a choreographed cardio workout that offers all levels of intensity.  |
| <b>HIIT</b>               | Challenge yourself with high-intensity intervals with periods of recovery for a time-efficient workout.  |
| <b>INDOOR CYCLING</b>     | Join a non-impact cycling workout that features a variety of drills including hills, sprints and intervals.  |
| <b>STEP</b>               | Choreography-based class using step routines and movements. Improve coordination and endurance.  |
| <b>STEP INTERVAL</b>      | Combine step intervals and muscle conditioning exercises in a non-choreography class.  |
| <b>STRONG BY ZUMBA</b>    | Use body weight resistance exercises and "High Intensity Tempo Training" intervals for a full body, functional cardio workout.                         |
| <b>SYNRGY CIRCUIT</b>     | Incorporate the multi-station SYNRGY functional and strength training unit featuring a variety of equipment including TRX.                             |
| <b>TABATA</b>             | High-intensity intermittent exercise. An exercise strategy alternating periods of short intense anaerobic exercise with less intense recovery periods. |
| <b>ZUMBA</b>              | Enjoy a fusion of international rhythms and choreographed dance routines.  |

## NON CARDIO

|                                |  |
|--------------------------------|--|
| <b>BARRE</b>                   | Try a combination of ballet, Pilates, strength and flexibility training using a ballet barre.                  |
| <b>BODY SCULPT</b>             | Use a variety of equipment and exercises in this strength training workout.                                    |
| <b>CHAIR EXERCISES</b>         | A gentle introduction to exercise. Maintain balance and coordination using a chair for support.                |
| <b>CIRCUIT TRAINING</b>        | Move from station to station in the fitness centre. Use a variety of equipment to improve cardio and strength. |
| <b>CORE CONDITIONING</b>       | Place emphasis on strengthening your major core muscles, improve balance and core stability.                   |
| <b>FUNCTIONAL TRAINING</b>     | Focus on day-to-day movements by maintaining and improving balance, core strength and stability.               |
| <b>TRX SUSPENSION TRAINING</b> | A body weight strength-based workout to target all muscle groups, increase core strength and flexibility.      |

## COMBO CLASS

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

## ADULT 55+

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

## MIND BODY

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

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.

Schedules are subject to change without notice.

Please arrive on time for class.

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

Effective April 1 - June 30

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

## CLOVERDALE RECREATION CENTRE 604-598-7960 6188 176 Street

Effective April 1 - June 30

| PROGRAM                     | MONDAY                              | TUESDAY  | WEDNESDAY                   | THURSDAY                        | FRIDAY                                     | SATURDAY                  | SUNDAY                           |
|-----------------------------|-------------------------------------|--|-----------------------------|---------------------------------|--|---------------------------|----------------------------------|
| Body Sculpt                 | <input checked="" type="checkbox"/> | 5:15pm-6:15pm                                    |                             | 6:30pm-7:30pm                   |  |                           |                                  |
| Bootcamp                    | <input checked="" type="checkbox"/> | 6:15am-7:15am<br>9:15am-10:15am<br>5:15pm-6:15pm | 9:15am-10:15am              | 6:15am-7:15am<br>9:15am-10:15am | 5:15pm-6:15pm                              | 6:15am-7:15am             | 9:30am-10:30am<br>9:30am-10:30am |
| Cardio Combo                | <input checked="" type="checkbox"/> |  | 5:15pm-6:15pm               |                                 | 9:15am-10:15am                             |                           |                                  |
| Circuit Training 55+        | <input checked="" type="checkbox"/> | 9:15am-10:15am                                   |                             |                                 |  |                           |                                  |
| Core Conditioning           | <input checked="" type="checkbox"/> |  | 6:30pm-7:30pm               |                                 |  |                           |                                  |
| Dance Fit                   | <input checked="" type="checkbox"/> | 6pm-7pm  |                             |                                 | 5:15pm-6:15pm                              |                           |                                  |
| Dance Fit 55+               | <input checked="" type="checkbox"/> |  | 10:30am-11:30am             |                                 |  |                           |                                  |
| Fit 55+                     | <input checked="" type="checkbox"/> | 9:15am-10:15am                                   | 9am-10am*                   | 9:15am-10:15am                  | 9am-10am*                                  | 8am-9am<br>9:15am-10:15am |                                  |
| Fit 55+ Lite                | <input checked="" type="checkbox"/> | 10:30am-11:30am                                  |                             | 10:30am-11:30am                 |  |                           |                                  |
| HIIT                        | <input checked="" type="checkbox"/> |  | 6:45pm-7:30pm               |                                 |  |                           |                                  |
| SYNRGY Circuit              | <input checked="" type="checkbox"/> | 6:45pm-8:45pm                                    |                             |                                 | 10am-10:45am<br>6:45pm-7:45pm              | 10am-10:45am              |                                  |
| Indoor Cycling              | <input checked="" type="checkbox"/> | 9:15am-10:15am<br>5:45pm-6:30pm                  | 6:15am-7am<br>6:30pm-7:30pm | 5:30pm-6:15pm                   | 6:15am-7am<br>9:15am-10am<br>5:30pm-6:15pm | 9:15am-10am               | 7:30am-8:15am<br>8:30am-9:15am   |
| Indoor Cycling and Strength | <input checked="" type="checkbox"/> |  | 5:15pm-6:15pm               | 9:15am-10:15am                  |  | 8:30am-9:30am             |                                  |
| Yoga                        | <input checked="" type="checkbox"/> | 7:45pm-9pm                                       | 6:30pm-7:45pm               | 7:45pm-9pm                      | 6:15am-7:15am<br>7:45pm-9pm                | 8:15am-9:15am             | 9:30am-10:45am                   |

All classes at Cloverdale Recreation Centre are early sign up.  Held at Don Christian Recreation Centre 604-502-6400 6220 184 Street

### Childminding Hours:

|           |          |         |
|-----------|----------|---------|
| Monday    | 9am-11am | 5pm-8pm |
| Tuesday   |          | 5pm-8pm |
| Wednesday | 9am-11am | 5pm-8pm |
| Thursday  |          | 5pm-8pm |
| Friday    | 9am-11am | 5pm-7pm |
| Saturday  | 8am-11am |         |

## FLEETWOOD COMMUNITY CENTRE 604-501-5030 15996 84 Avenue

Effective April 1 - June 30

| PROGRAM                 | MONDAY                          | TUESDAY  | WEDNESDAY                       | THURSDAY                    | FRIDAY        | SATURDAY                                      | SUNDAY          |
|-------------------------|---------------------------------|--|---------------------------------|-----------------------------|---------------|---|-----------------|
| Body Sculpt             | 8am-9am                         |  |                                 | 8am-8:50am<br>5:40pm-6:40pm |               |   |                 |
| Bootcamp                |                                 |  |                                 |                             | 6:50pm-7:50pm |   |                 |
| Cardio Combo            | 7pm-8pm                         |  | 9am-10am                        |                             | 9am-10am      |   |                 |
| Circuit Training 55+    | 9am-10am                        |  | 8am-9am                         |                             |               |   |                 |
| Core Conditioning       |                                 |  | 5:30pm-6:30pm                   |                             |               |   |                 |
| Dance Fit               |                                 |  |                                 |                             |               |   |                 |
| Fit 55+                 |                                 | 9am-10am   |                                 | 9am-10am                    |               |   |                 |
| Fit 55+ Lite            |                                 | 11am-12pm  |                                 |                             |               |   |                 |
| Fitness Yoga            |                                 |  | 10:30am-11:30am                 |                             |               |   | 10:15am-11:30am |
| High/Low Aerobics       | 10:30am-11:30am                 |  |                                 |                             |               |   |                 |
| Step                    |                                 | 6:50pm-7:50pm  |                                 |                             |               | 8:50am-9:50am                                 |                 |
| Step Interval           |                                 | 9:15am-10:15am   |                                 |                             | 9am-10am      |   | 9am-10am        |
| TRX Suspension Training |                                 | <input checked="" type="checkbox"/> 5:30pm-6:30pm<br>8pm-9pm |                                 |                             |               |   |                 |
| Yoga                    |                                 |  |                                 |                             | 8pm-9pm       |   |                 |
| Zumba                   | 9:15am-10:15am<br>7:30pm-8:30pm | 10:15am-11:15am  | 9:15am-10:15am<br>6:50pm-7:50pm | 10:30am-11:30am<br>7pm-8pm  |               | <input checked="" type="checkbox"/> 10am-11am |                 |

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.

### Childminding Hours:

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

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

Effective April 1 - June 30

| PROGRAM             | MONDAY  | TUESDAY         | WEDNESDAY  | THURSDAY        | FRIDAY   | SATURDAY        | SUNDAY |
|---------------------|---|-----------------|--|-----------------|--|-----------------|--------|
| Body Sculpt         |   |                 | <input checked="" type="checkbox"/> 9:15am-10:15am   | 5:45pm-6:45pm   | <input checked="" type="checkbox"/> 9:15am-10:15am |                 |        |
| Bootcamp            |   | 5:45pm-6:45pm   |  |                 | 7:05am-8:05am                                      | 9:15am-10:15am  |        |
| Cardio Combo        |   |                 | 7:05am-8:05am<br>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 | <input checked="" type="checkbox"/> 9:15am-10:15am<br>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             |   |                 |  |                 |  | 10:30am-11:30am |        |
| Yoga                | 7:50am-8:50am<br>9:05am-10:20am                                     | 5:30pm-6:30pm   | 8:05am-9:05am<br><input checked="" type="checkbox"/> 3:45pm-5pm<br><input checked="" type="checkbox"/> 5:15pm-6:30pm<br><input checked="" type="checkbox"/> 6:45pm-8pm |                 | 9:15am-10:15am                                     |                 |        |
| Zumba               |   |                 | 5:45pm-6:45pm  |                 | 11:45am-12:45pm<br>6:15pm-7:15pm                   |                 |        |

### 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 April 1 - June 30

| PROGRAM                        | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY         |
|--------------------------------|--|---|---|--|---|---|----------------|
| Ball, Balance and Strength 55+ |  | <input checked="" type="checkbox"/> 8:20am-9:20am |   | <input checked="" type="checkbox"/> 8:20am-9:20am<br>5:45pm-6:45pm                                   |   |   |                |
| Body Sculpt                    |  |   |   |  |   |   | 9:15am-10:30am |
| Bootcamp                       |  |   | 7pm-8pm   |  |   |   |                |
| Cardio Combo                   |  | 12:10pm-12:50pm                                   | 9:15am-10:15am  |  |   |   |                |
| Cardio Kickbox                 | <input checked="" type="checkbox"/> 7pm-8pm                          |   |   |  |   |   |                |
| Chair Exercises                |  | 10:45am-11:45am                                   |   | 10:45am-11:45am  |   |   |                |
| Dance Fit 55+                  |  |   |   |  | <input checked="" type="checkbox"/> 10:30am-11:30am |   |                |
| Fit 55+                        | 9:15am-10:15am   |   | 9:15am-10:15am  |  |   |   |                |
| Flow Yoga                      |  |   |   |  | 12:10pm-12:50pm                                     |   |                |
| 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<br>12:10pm-12:50pm                                       |  |   |   |                |
| Indoor Cycling                 | 12:10pm-12:50pm<br><input checked="" type="checkbox"/> 5:30pm-6:15pm | 9:15am-10:15am<br>6pm-7pm                         | 9:15am-10:15am<br><input checked="" type="checkbox"/> 5:30pm-6:15pm | 9:15am-10:15am<br>12:10pm-12:50pm<br>6pm-7pm   | 6:15am-7am  | <input checked="" type="checkbox"/> 8:15am-9:15am | 9:30am-10:30am |
| Step and Kickbox               |  |   |   |  |   | 9:45am-11:15am                                    |                |
| Step and Sculpt                | 5:45pm-6:45pm  |   |   |  | 9:15am-10:15am                                      |   |                |
| Yoga                           | 7pm-8pm  |   |   | <input checked="" type="checkbox"/> 8:15am-9:30am<br><input checked="" type="checkbox"/> 9:45am-11am | 9:15am-10:30am                                      | <input checked="" type="checkbox"/> 8:30am-10am   |                |
| Zumba                          |  | 9:30am-10:30am                                    | <input checked="" type="checkbox"/> 5:45pm-6:45pm                   |  | <input checked="" type="checkbox"/> 6:15pm-7:15pm   |   |                |

### Childminding Hours:

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

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

Effective April 1 - June 30

| PROGRAM                     | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY                                    | FRIDAY  | SATURDAY  | SUNDAY   |
|-----------------------------|---|--|---|---|---|---|--|
| Body Sculpt                 | 8am-9am   | <input checked="" type="checkbox"/> 9:15am-10:15am | 8am-9am   | 9:15am-10:15am*                             |   |   |  |
| Bootcamp                    | 6:30pm-7:30pm   | 6:15am-7am<br>8am-9am                              |   | 6:15am-7am                                  |   | <input checked="" type="checkbox"/> 8:15am-9:15am   |  |
| Cardio Combo                |   |  |   | 8am-9am                                     | 9:15am-10:15am**  |   |  |
| Core Conditioning           | <input checked="" type="checkbox"/> 6:15am-7am<br><input checked="" type="checkbox"/> 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           | <input checked="" type="checkbox"/> 9:15am-10:15am**  |  |   |   |   |   |  |
| Indoor Cycling              | <input checked="" type="checkbox"/> 9:15am-10:15am<br>12:10pm-12:55pm<br>5:15pm-6pm                   | 8:15am-9am<br>6pm-6:45pm                           | <input checked="" type="checkbox"/> 9:15am-10:15am<br>12:10pm-12:55pm | 6:15pm-7:15pm                               | <input checked="" type="checkbox"/> 8:15am-9am<br>5:15pm-6pm                    | 8:30am-9:30am<br>9:45am-10:45am   | <input checked="" type="checkbox"/> 8:45am-9:45am<br><input checked="" type="checkbox"/> 10am-11am |
| Indoor Cycling and Strength |   | 9:15am-10:15am                                     |   | 9:15am-10:15am                              | 9:15am-10:15am  |   |  |
| Indoor Cycling 55+          |   | 10:30am-11:15am                                    |   | 10:30am-11:15am                             |   |   |  |
| Pilates                     |   | 10:30am-11:30am<br>7pm-8pm**                       |   | 9:20am-10:20am                              |   |   |  |
| Step Interval               | <input checked="" type="checkbox"/> 9:15am-10:15am  |  | 9:15am-10:15am  |   |   |   |  |
| STRONG by Zumba             |   | 5:30pm-6:30pm**                                    |   | 10:30am-11:30am                             |   |   |  |
| Yoga                        | 11:45am-1pm**<br>7:45pm-8:45pm  | 1pm-2pm<br>7:45pm-8:45pm                           | 10:30am-11:30am<br>1pm-2pm<br>6:30pm-7:30pm<br>7:45pm-8:45pm**        | 11:45am-12:45pm<br>1pm-2pm<br>7:15pm-8:30pm | 6:15am-7:15am<br>8am-9am<br><input checked="" type="checkbox"/> 10:30am-11:30am | <input checked="" type="checkbox"/> 9:30am-10:30am<br><input checked="" type="checkbox"/> 10:45am-11:45am | 10am-11:15am   |
| Yin Yoga                    |   |  |   |   |   |   | 8:30am-9:45am  |
| Yoga 55+                    | 11:45am-12:45pm   |  |   |   |   |   |  |
| Zumba                       |   | 6:30pm-7:30pm                                      | 9:15am-10:15am*<br>7:45pm-8:45pm                                      | 6pm-7pm                                     | 9:15am-10:15am  |   |  |

All classes take place in MP7 with the exception of \*Gym 3, \*\*MP5 and Indoor Cycling in MP2 Indoor Cycling Studio.

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

Effective April 1 - June 30

| PROGRAM           | MONDAY          | TUESDAY       | WEDNESDAY       | THURSDAY      | FRIDAY | SATURDAY | SUNDAY |
|-------------------|-----------------|---------------|-----------------|---------------|--------|----------|--------|
| Body Sculpt       | 10am-11am       |               | 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 | </              |               |        |          |        |