

Fitness

DROP-IN SCHEDULES



RECREATION SURREY
Healthy Communities. Active Together.

Spring 2018 APRIL 3 - JULY 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.

Victoria Day Long Weekend Sa-M May 19 - May 21
Canada Day Long Weekend Sa-M June 30 - July 2

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
Friday, Saturday 6am-9pm
Tuesday, Thursday 6am-10pm
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 fee structure is designed to fit the needs of all active people, complete with pass options and great values.

Annual & Monthly Recreation Passes Valid at all facilities.

Recreation Passes allow you to visit any of our facilities and includes access to all drop-in fitness, gyms, pools, and arenas.

Pass	Type	Child/Youth (2-18yrs)	Student**	Adult	Senior [^] (60yrs+)	Family†
Recreation Pass	1 year	\$252.75	\$386.75	\$504.00	\$386.75	\$1005.00
	1 mos	35.25	52.00	69.00	52.00	137.75

Monthly Payment Options

Surrey offers monthly payment options on 1-year Recreation Passes. Make payments using automatic debit, or credit card. Skip the line-up and buy your yearly or monthly passes online.

Drop-in Fees Valid at all facilities.

Pass	Type	Child/Youth (2-18yrs)	Student**	Adult	Senior (60yrs+)	Family
Drop-in	1 visit	\$3.50	\$5.25	\$6.75	\$5.25	\$3.50*
Value Time [«]	1 visit	1.75	2.75	3.50	2.75	1.75*
Swipe Cards	10 visit	31.50	47.50	60.00	47.50	N/A
	20 visit	56.00	84.00	107.00	84.00	N/A

† Family Pass is valid for a maximum of 2 adults and unlimited dependent children 18 years or younger.
* Per family member (minimum 1 parent/guardian and 1 dependent child 18 years or younger).
** Student rates only apply for accredited post-secondary institutions and require proof of student ID.
« Value time drop-in pricing is 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.
^ 60yrs+ who purchase a 1-year Recreation Pass will be offered a complimentary City-Wide Senior Services Membership.

Schedules are subject to change without notice.

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www.surrey.ca/recreation



Get fit with us!

Whether you want to work out in a fully equipped weight room 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)	\$84.25	\$84.25 (per person)
Ongoing Sessions (1 hour)	\$56.00	\$84.25/group
5 Swipe Pass (for the price of 4)	\$224.00	\$336.50/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.

BRIDGEVIEW COMMUNITY CENTRE 604-592-7081 11475 126A Street Effective Apr 3 - Jul 2

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt				11am-12noon			
Bollywood Aerobics	6pm-7pm						
Core Conditioning		5:15pm-6:15pm					
Step and Sculpt				12:15pm-1:15pm			

NORTH SURREY RECREATION CENTRE 604-502-6300 10275 City Parkway Effective Apr 3 - Jul 2

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt	12:05pm-12:50pm [«] 1pm-1:30pm [«]				1pm-1:30pm [«]		
Bootcamp		5pm-6pm		5pm-6pm	12:05pm-12:50pm [«]		
Bollywood Aerobics				6:45pm-7:45pm			
Cardio Combo	5:30pm-6:30pm		12:05pm-12:50pm [«] 1pm-1:30pm [«]				
Circuit Weight Training			9:15am-10:15am				
Step Interval	4:40pm-5:25pm						
Yoga		<input checked="" type="checkbox"/> 12:05pm-12:50pm	5:30pm-6:30pm	<input checked="" type="checkbox"/> 12:05pm-12:50pm			
Zumba		<input checked="" type="checkbox"/> 6:45pm-7:45pm			<input checked="" type="checkbox"/> 5:40pm-6:40pm		

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

Childminding Hours:

Monday	4:30pm-7:30pm
Tuesday	5pm-8pm
Wednesday	5pm-7pm
Thursday	4pm-8pm
Friday	5:30pm-7:30pm

CHUCK BAILEY RECREATION CENTRE 604-598-5898 13458 107A Avenue Effective Apr 3 - Jul 2

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt				9:15am-10:15am			
Bootcamp						9:15am-10:15am	
Cardio Combo		12noon-12:45pm		12noon-12:45pm			
Chair Exercises 55+	12noon-12:45pm						
Core Conditioning			5:30pm-6:15pm				
Dance Fit 55+					12:45pm-1:45pm		
Fit 55+	9:15am-10:15am		9:15am-10:15am				
Gentle Yoga	1pm-2pm 5:30pm-6:30pm			1pm-2pm			
Yoga		10am-11am		6pm-7pm		12noon-1pm 1:15pm-2:15pm	

GUILDFORD RECREATION CENTRE 604-502-6360 15105 105 Avenue Effective Apr 3 - Jul 2

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 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					9:45am-11:15am	
Chair Exercises 55+		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				
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			12:10pm-12:50pm				
Spin	7am-7:45am 12:10pm-12:50pm <input checked="" type="checkbox"/> 5:30pm-6:15pm	9:15am-10:15am 6pm-7pm	6:15am-7am 5:30pm-6:15pm	9:15am-10:15am 12:10pm-12:50pm 6pm-7pm	6:15am-7am		9:30am-10:30am
Step and Sculpt	5:45pm-6:45pm				9:15am-10:15am		
Yoga		7:30pm-8:30pm		<input checked="" type="checkbox"/> 8:15am-9:30am <input checked="" type="checkbox"/> 9:45am-11am	9:15am-10:30am	<input checked="" type="checkbox"/> 8:30am-10am	
Zumba		9:30am-10:30am	5:45pm-6:45pm		6:15pm-7:15pm		

Childminding Hours:

Monday to Friday	8am-11am 5pm-8pm 9am-12noon
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SOUTH SURREY INDOOR POOL 604-502-6220 14655 17 Avenue Effective Apr 3 - Jul 2

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

