DROP-IN FITNESS SCHEDULE 2022

RECREATION SURREY
Healthy Communities. Active Together.

CHUCK BAILEY RECREATION CENTRE

13458 107A Avenue **604-598-5898**

Dec 5 – Dec 18, 2022

EFFECTIVE DATE:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fit 55+ **9:15-10:15am** Laura				**Fit 55+** **9:15-10:15am** Laura	**Yoga** **10:45-11:45am** Sunni	
	Zumba **5:15-6:15pm** Maria Nela					
	Yoga **6:30-7:30pm** Sunni					

SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE

DROP-IN FITNESS SCHEDULE 2022

RECREATION SURREY
Healthy Communities. Active Together.

CLAYTON COMMUNITY CENTRE

7155 187A Street **604-502-6300**

EFFECTIVE DATE: December 1-18, 2022

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

DROP-IN FITNESS SCHEDULE 2022

RECREATION SURREY
Healthy Communities. Active Together.

CLOVERDALE RECREATION CENTRE

6188 176 Street **604-598-7960**

EFFECTIVE DATE: December 1-18, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bootcamp 6:15-7:15am **Indoor Cycle** 9:15-10:15am **Fit 55+** 9:30– 10:30am **Ball, Balance, And Strength 55+** 10:45-11:45am **Body Sculpt *** 5:15-6:15pm **Indoor Cycle *** 5:15-6:15pm **Cycle/Strength *** 6:30-7:30pm **Yoga *** 6:30-7:30pm	**Indoor Cycle** 9:15 -10:15am **Bootcamp** 9:15-10:15am **Yoga 55+** 11-12pm **Indoor Cycle *** 5:15-6:15pm **Cardio Combo *** 5:30-6:30pm **Functional Circuit Training *** 6:30-7:15pm	**Indoor Cycle** 9:00-9:45am **Bootcamp** 9:15-10:15am **Fit 55+** 9:30– 10:30am **Functional Circuit Training** 10:00-11:00am **Ball, Balance, and Strength 55+** 10:45-11:45am **Functional Training** 6:30 -7:30pm **Yoga** 6:30-7:30pm	**Indoor Cycle** 6:15-7:00am **Step/Sculpt** 9:15-10:15am **Indoor Cycle** 9:30-10:30am **Yoga 55+** 11-12pm **Indoor Cycle** 5:15-6:00pm **Functional Circuit Training** 6:15-7:15pm **Zumba** 6:30-7:30pm	**Bootcamp** 6:15-7:15am **Indoor Cycle** 9:15-10:15am **Functional Circuit Training** 10:30-11:15am	**Indoor Cycle *** 8:00-9:00 **Bootcamp *** 9:30-10:30am	***Childminding Available During these classes**

DROP-IN FITNESS SCHEDULE 2022

RECREATION SURREY
Healthy Communities. Active Together.

FLEETWOOD COMMUNITY CENTRE

15996 84 Avenue **604-501-5030**

EFFECTIVE DATE: **Dec 1st-18th 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Zumba 9:15am-10:15am *Nicole* (Large Hall) **Circuit Training 55+** 9:30am-10:30am *Paula* (Weightroom) **Zumba** 7:00pm-8:00pm *Sheena* (Large Hall)	**Step & Sculpt** 9:15am-10:15am *Dawn* **Zumba** 9:45am-10:45am *Nicole* (Large Hall) *No class Dec 20th* **Fit 55+** 10:30am-11:30am *Dawn* **Yoga** 6:45pm-7:45pm *Sharon*	**Zumba** 9:15am-10:15am *Dani* (Large Hall) **Yoga** 9:30am-10:30am *Deb* **Circuit Training 55+** 9:30am-10:30am *Gloria* (Weightroom) **Bodysculpt** 5:45pm-6:45pm *Ashley* **Zumba** 6:30pm-7:30pm *Abi* (Large Hall)	**Functional Training** 9:15am-10:15am *Deb* **Zumba** 9:45am-10:45am *Arjani* (Large Hall) *No class Dec 22nd* **Fit 55+** 10:30am-11:30am *Dawn* **Core Conditioning** 5:30pm-6:30pm *Sharon* **Yoga** 6:45pm-7:45pm	**Zumba** 9:15am-10:15am *Maria* (Large Hall) **Yoga** 10:30am-11:30am *Sunni* (Large Hall)	**Bodysculpt** 8:30am-9:30am *Sharon* **Yoga** 9:45am-10:45am *Sharon* (Dec 3rd classes will be held at SSLC)	**Zumba** 9:00am-10:00am *Dani* **Yoga** 10:30am-11:30am *Rosey*

DROP-IN FITNESS SCHEDULE 2022

RECREATION SURREY
Healthy Communities. Active Together.

FRASER HEIGHTS RECREATION CENTRE

10588 160 Street **604-592-6920**

EFFECTIVE DATE: **Dec 1-18**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bootcamp 13+ 8:30-9:30am Instructor: Leticia B. **Fit 55+** 9:45-10:45am Instructor: Gloria S. **Functional Training 13+** 5:30-6:30pm Instructor: Barbara F. **Zumba 13+** 6:45-7:45pm Instructor: Maria P.	**Functional Training 13+** 8:30-9:30am Instructor: Gloria S. **Pilates 13+** 9:45-10:45am Instructor: Gloria S. **Bootcamp 13+** 7:00-8:00pm Instructor: Gloria S.	**Fitness Yoga 13+** 8:30-9:30am Instructor: Sunni C. **Body Sculpt 13+** 5:45-6:45pm Instructor: Teddy S.	**Core Conditioning 13+** 9:45-10:45am Instructor: Sunni C. **Bollywood Aerobics 13+** 5:45-6:45pm Instructor: Gopika A.	**Yoga 13+** 8:15-9:15am Instructor: Sabina S. **Zumba 13+** 9:30-10:30am Instructor: Arjani A. **Fit 55+** 10:45-11:45am Instructor: Gloria S. **HIIT 13+** 5:45-6:45pm Instructor: Leticia B.	**Fitness Yoga 13+** 8:30-9:30am Instructor: Sunni C.	

DROP-IN FITNESS SCHEDULE 2022

RECREATION SURREY
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GRANDVIEW HEIGHTS AQUATIC CENTRE

16855 24 Avenue **604-590-7800**

EFFECTIVE DATE: Dec 1 – 23, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Circuit Training 55+ **9:00-10:00am** Instructor: John Dec 5 – Dec 19 Event ID: 00178164	**Circuit Training** **9:00-10:00am** Instructor: Christopher Dec 6 – Dec 20 Event ID: 00178348	**Circuit Training 55+** **9:00-10:00am** Instructor: Christopher Dec 7 – Dec 21 Event ID: 00178400	**Circuit Training** **9:00-10:00am** Instructor: Christopher Dec 1 – Dec 22 Event ID: 00178408	**Circuit Training** **9:00-10:00am** Instructor: John Dec 2 – Dec 23 Event ID: 00179613	**Circuit Training** **9:00-10:00am** Instructor: Jen Dec 3 – Dec 17 Event ID: 00179680	
Circuit Training **10:30-11:30am** Instructor: John Dec 5 – Dec 19 Event ID: 00178292						
Circuit Training **12:15-1:00pm** Instructor: John		**Circuit Training** **12:15-1:00pm** Instructor: Christopher		**Circuit Training** **12:15-1:00pm** Instructor: John		
	Circuit Training **6:00-7:00pm** Instructor: Elise Dec 6 – Dec 20 Event ID: 00178396					

DROP-IN FITNESS SCHEDULE 2022

RECREATION SURREY
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GUILDFORD RECREATION CENTRE

15105 105 Avenue **604-502-6360**

EFFECTIVE DATE: **December 1 - 18**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 13+ **5:15-6:15pm** Instructor: Doreen C. **Step & Sculpt 13+** **5:45-6:45pm** Instructor: Ashley M.	**Ball, Balance & Strength 13+** **8:20-9:20am** Instructor: Maria S. **Indoor Cycling 13+** **9:15-10:15am** Instructor: Kerry M. **Zumba 13+** **9:30-10:30am** Instructor: Maria S. **Bollywood Aerobics 13+** **5:30-6:30pm** Instructor: Gopika A. **Yoga 13+** **6:45-7:45pm** Instructor: Kulwant S.	**Fit 55+** **9:30-10:30am** Instructor: Gina S. **Core Conditioning 13+** **12:10-12:55pm** Instructor: Sunni C. **Indoor Cycling 13+** **5:30-6:30pm** Instructor: Gloria S. **Zumba 13+** **6:00-7:00pm** Instructor: Natasha H. **Bootcamp 13+** **7:15-8:15pm** Instructor: Leticia B.	**Yoga 13+** **9:45-10:45am** Instructor: Yeongseon P. **Body Sculpt 13+** **5:45-6:45pm** Instructor: Leticia B.	**Fit 55+ Lite** **9:30-10:30am** Instructor: Kulwant S. **Step & Sculpt 13+** **10:45-11:45am** Instructor: Kulwant S. **Fitness Yoga 13+** **12:10-12:55pm** Instructor: Sunni C. **Zumba 13+** **6:30-7:30pm** Instructor: Maria S.	**Cardio Kickboxing 13+** **8:00-9:00am** Instructor: Gloria S. **Indoor Cycling 13+** **8:15-9:15am** Instructor: Sandi W. **Yoga 13+** **8:45-9:45am** Instructor: Yeongseon P. **Zumba 13+** **5:30-6:30pm** Instructor: Gopika A.	***Bhangra Aerobics 13+** **9:00-10:00am** Instructor: Susan B. ***No class on December 11**

DROP-IN FITNESS SCHEDULE 2022

RECREATION SURREY
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NEWTON RECREATION CENTRE

13730 72 Avenue **604-501-5540**

EFFECTIVE DATE: Dec 5- January 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga Instructor: Carol P Room #4 **1:00-2:00PM** *No Class December 26 **Functional Circuit** Instructor: Catherine Fitness Centre **7:00-7:45PM** *No Class Dec 26	**Yoga 55+** Instructor: Carol P Room #4 **10:15-11:15AM** Only on Dec 13 and 20 **Yin Yoga** Instructor: Carol P Room #4 **11:30-12:30PM** Only On Dec 13 and 20 **Indoor Cycling & Strength** Instructor: Susan Room #4 **6:00-7:00PM** **Zumba** Instructor: Arjani Room #4 **7:30-8:30PM** No Class Dec 20,27, Jan 3	**Zumba** Instructor: Arjani Room #4 **10:45-11:45AM** No Class Dec 21, 28 **Functional Circuit** Instructor: Dawn Fitness Centre **11:15-12:00PM** *No Class Dec 28 **Barre** Instructor: Dawn Room #4 **12:15-1:15PM** *No Class Dec 28	**Step & Sculpt** Instructor: Susan Room #4 **6:00-7:00PM** **Zumba** Instructor: Arjani Room #4 **7:30-8:30PM** No Class Dec 22, 29	**Functional Circuit** Instructor: Dawn Fitness Centre **8:15am-9:00am** *No Class Dec 30 **Barre** Instructor: Dawn Room #4 **9:15am-10:15am** *No Class Dec 30 **Yin Yoga** Instructor: Carol P. Room #4 **12:15-1:15PM**	**Indoor Cycling** Instructor: Susan Room #4 **8:15-9:00AM** No Class Dec 24, 31 **Bootcamp** Instructor: Susan Room #4 **9:15-10:15AM** No Class Dec 24, 31	

DROP-IN FITNESS SCHEDULE 2022

RECREATION SURREY
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NORTH SURREY SPORT & ICE COMPLEX

10950 126A Street **604-591-4410**

EFFECTIVE DATE: Dec 5 – Dec 18, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Circuit Training **9:15-10:15am** John	**Cardio Combo** **9:15-10:15am** Laura		**Circuit Training** **9:15-10:15am** Duncan	**Barre** **9:15-10:15am** Janis	
Bootcamp **12:00-12:45pm** Laura					**Body Sculpt** **12:15 -1:15pm** Janis	
Body Sculpt **5:15-6:15pm** Janis	**Bootcamp** **5:15-6:15pm** Laura **Indoor Cycle** **6:30-7:15pm** Janis	**Yoga** **5:30-6:30pm** Chrissy	**Indoor Cycle** **5:15-6:00pm** Janis			

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DROP-IN FITNESS SCHEDULE 2022

RECREATION SURREY
Healthy Communities. Active Together.

SOUTH SURREY RECREATION & ARTS CENTRE

14601 20 Avenue **604-592-6970**

EFFECTIVE DATE: Dec 4 – Dec 18*, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt **9:15-10:15am** MP 7 I Alma	**Bootcamp** **8-9am** MP 7 I Cathy	**Body Sculpt** **8-9am** MP 7 I Frances	**Bootcamp** **6:15-7:00am** MP 7 I Mike	**Body Sculpt** **8-9am** MP 7 I Frances	**Yoga** **8:15-9:15am** MP 7 | Linda	**Indoor Cycling** **8:45-9:30am** MP 2 I Janet
Yoga **10:30-11:30am** MP 7 I Alma	**Cycle & Strength** **9:15-10:15am** MP 2 I Cathy	**Zumba** **9:20-10:20am** MP 7 I Marifer	**TRX Training** **7:45-8:45am** MP 7 I Cathy	**Indoor Cycling** **9:15-10:00am** MP 2 I Linda	**Yoga** **9:30-10:30am** MP 7 | Linda	**Zumba** **9:30-10:30am** MP 7 I Rhianne
Fit 55+ **11:45am-12:45pm** MP 7 I Patti	**Zumba** **9:20-10:20am** MP 7 I Marifer	**Yoga 55+** **9:15-10:15am** Gym 3 I Alma	**Zumba** **9:15-10:15am** MP 7 I Nicole	**Cardio Combo** **9:15-10:15am** MP 7 I Frances	**Indoor Cycling** **9:30-10:30am** MP 2 | Cathy	**Cycle & Strength** **9:45-10:45am** MP 2 I Janet
Indoor Cycling **12-12:45pm** MP 2 I Linda	**Pilates** **10:30-11:30am** MP 7 I Alma	**Indoor Cycling** **9:30-10:15am** MP 2 I Cathy	**Indoor Cycling** **10:15-11:00am** MP 2 I Cheryl	**Yoga** **10:30-11:30am** MP 7 I Linda	**Zumba** **10:45-11:45am** MP 7 | Julia	**Yoga** **10:45-11:45pm** MP 7 I Rhianne
Fit 55+ Lite **1-2pm** Gym 3 I Patti	**Fit 55+** **11:45am-12:45pm** MP 7 I Alma	**Fit 55+** **10:30-11:30am** MP 7 I Cathy	**Body Sculpt** **10:30-11:30am** MP 7 I Alma	**Fit 55+** **11:45am-12:45pm** MP 7 I Patti		
Yoga **1-2pm** MP 7 I Linda	**Yoga** **1-2pm** MP 7 I Nancy	**Pilates** **10:30-11:30am** Gym 3 I Alma	**Fit 55+** **11:45am-12:45pm** MP 7 I Alma	**Yoga** **4:30-5:30pm** MP 7 | Liz		
Pilates **5:15-6:15pm** MP 7 I Cheryl	**Yoga** **3:30-4:30pm** MP 7 I Linda	**Indoor Cycling** **12-12:45pm** MP 2 I Cathy	**Chair Exercises** **11:45-12:45pm** Gym 3 I Patti			
STRONG by Zumba **5:15-6:15pm** MP 5 I Rhianne	**TRX Training** **5:15-6:15pm** MP 7 I Cathy	**Yoga** **6:30-7:30pm** MP 7 I Nancy	**Cardio Combo** **6:15-7:15pm** MP 7 I Frances			
Zumba **6:30-7:30pm** MP 7 I Rhianne	**Indoor Cycling** **5:30-6:15pm** MP 2 I Cheryl	**Zumba** **7:30-8:30pm** Gym 3 I Julia	**Zumba** **7:30-8:30pm** MP7 | Andrea			
	Pilates **6:30-7:30pm** MP 5 I Cheryl					
	Zumba **6:30-7:30pm** MP 7 I Andrea					

*** There will be an adjusted schedule Dec 19-Jan 1**

Please check in on time for <u>each class</u> by swiping your pass.

If the class has a waitlist the next person will get your spot if you have not checked in by class start time.

DROP-IN FITNESS SCHEDULE 2022

RECREATION SURREY
Healthy Communities. Active Together.

SURREY SPORTS & LEISURE COMPLEX

#100 - 16555 Fraser Hwy **604-501-5950**

EFFECTIVE DATE:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Dec 1st – 18th 2022	
Step and Sculpt 9:15am-10:15am Leah	**Functional Training** 9:15am-10:15am Deb	**Step and Sculpt** 9:15am-10:15am Sharon	**Yoga** 9:15am-10:15am Sunita	**Step and Sculpt** 9:15am-10:15am Dawn C.	**BodySculpt** 8:30am-9:30am Sharon *(Sat Dec 3rd only)*	
Core Conditioning 10:30am-11:30am Chrissy	**Yoga** 10:30am-11:30am Sunni	**Barre** 7:00pm-8:00pm Rosey	**Barre** 10:30am-11:30am Dawn M. *(no class Dec 1st)*	**Core Conditioning** 10:30am-11:30am Dawn C.	**Yoga** 9:45am-10:45am Sharon *(Sat Dec 3rd only)*	
BodySculpt 5:30pm-6:30pm Chrissy	**Core Conditioning** 5:30pm-6:30pm TBA		**Zumba** 6:45pm-7:45pm Sheena			
	Zumba 6:45pm-7:45pm Rhianne					