

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

EFFECTIVE DATE: March 18 – April 1

CLAYTON COMMUNITY CENTRE

7155 187A Street 604-502-6300

EFFECTIVE DATE: March 18 – April 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpt* 9:15-10:15am	Pilates 8:00-9:00am	Bootcamp 6:15-7:15am	Indoor Power Cycling* 9:15-10:15am	Bootcamp* 9:15-10:15am	Body Sculpt 8:30-9:30am	Fitness Yoga 8:30-9:30am
Indoor Cycling* 9:30-10:15am	Yoga* 9:15-10:15am		Yoga* 9:15-10:15am	Indoor Power Cycling* 9:30-10:15am	Barre 9:15-10:15am	Yoga 9:45-10:45am
Gentle Yoga 10:45am-12:00pm	Fit 55+* 9:15-10:15am		Fit 55+* 9:15-10:15am	Ball, Balance & Strength - 55+* 9:30-10:30am	Indoor Power Cycling 9:30-10:15am	
	Functional Circuit Training* 9:30-10:30am		Barre* 10:30-11:30am	Zumba* 10:30-11:30am	Barre 10:30-11:30am	
	Ball, Balance & Strength - 55+ 10:45-11:45am	HIIT 5:30-6:30pm	Bootcamp 5:45-6:45pm	Functional Circuit Training 10:45-11:45am		
Bootcamp* 5:30-6:30pm	Fitness Yoga 12:00-12:45pm	Indoor Power Cycling 6:30-7:30pm	Fitness Yoga 6:15-7:15pm	Pilates 12:15-1:00pm		*Childminding available during these classes
Indoor Power Cycling & Core* 6:30-7:45pm	Zumba 6:00-7:00pm			Yin Yoga 6:15-7:15pm		
Pilates* 7:00-8:00pm	Yin Yoga 6:15-7:15pm					

CLOVERDALE RECREATION CENTRE

6188 176 Street 604-598-7960

EFFECTIVE DATE: March 18 – April 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bootcamp 6:15-7:15am	Indoor Cycle* 9:15-10:15am	Fit 55+ 8:15-9:15am	Indoor Cycle 6:15-7:00am	Bootcamp 6:15-7:15am	Indoor Cycle* 8:00-9:00am	*Childminding available during these classes
Indoor Cycle 9:15-10:15am	Bootcamp* 9:15-10:15am	Indoor Cycle* 9:00-9:45am	Indoor Cycle 9:00-10:00am	Yoga 7:45am-8:45am	Functional Circuit* 9:15-10:00am	
Fit 55+ 8:15-9:15am	Yoga 55+ 11:00-12:00pm	Bootcamp* 9:15-10:15am	Step & Sculpt 9:15-10:15am	Indoor Cycle 9:15-10:15am	Yoga* 9:15-10:15am	
Fit 55+ 9:30-10:30am		Fit 55+* 9:30-10:30am	Yoga 55+ 11:00-12:00pm	Functional Circuit 10:30-11:15am	Bootcamp* 9:30-10:30am	
Ball, Balance & Strength 55+ 10:45-11:45am		Functional Circuit* 10:00-11:00am	Indoor Cycle* 5:15-6:00pm		Indoor Cycle 10:45-11:30am	
Body Sculpt* 5:15-6:15pm	Cycle/Strength* 5:15-6:15pm	Fit 55+ Lite 10:45-11:45am	Body Sculpt* 5:15-6:15pm		Bollywood 12:00-1:00pm	
Yoga* 6:30-7:30pm	Cardio Combo* 5:30-6:30pm	Functional Training 6:30-7:30pm	Functional Circuit* 6:15-7:15pm			
Cycle/Strength* 6:30-7:30pm	Functional Circuit* 6:30-7:15pm	Yoga 6:30-7:30pm	Zumba 6:30-7:30pm			

FLEETWOOD COMMUNITY CENTRE

15996 84 Avenue 604-501-5030

EFFECTIVE DATE: Mar 18 – Apr 1 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Circuit Training 55+ 9:00am-10:00am (Weight room)	Step and Sculpt 9:15-10:15am Fit 55+ 10:30-11:30am Yoga 6:45-7:45pm	Circuit Training 55+ 9:00am-10:00am (Weight room)	Functional Training 9:15-10:15am Fit 55+ 10:30-11:30am Core Conditioning 5:30-6:30pm Yoga 6:45-7:45pm	Circuit Training 55+ 9:00am-10:00am (Weight room)	BodySculpt 8:15-9:15am Yoga 9:30-10:30am	Zumba 9:00am-10:00am Yoga 10:15-11:15am
Step and Sculpt 9:15-10:15am Yoga 10:30-11:30am TRX Suspension Training 6:30-7:30pm Zumba 7:00-8:00pm (Large Hall)		Zumba 9:15-10:15am Yoga 9:15-10:15am (Room #3) Chair Exercises 55+ 10:30-11:30am BodySculpt 5:45-6:45pm Zumba 6:30-7:30pm				

FRASER HEIGHTS RECREATION CENTRE

10588 160 Street 604-592-6920

EFFECTIVE DATE: March 18 – April 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bootcamp 13+ 8:30-9:30am	Functional Training 13+ 8:30-9:30am	STRONG Nation 13+ 8:15-9:15am	Body Sculpt 13+ 8:15-9:15am	Core Conditioning 13+ 8:15-9:15am	Fitness Yoga 13+ 8:15-9:15am	
Fit 55+ 9:45-10:45am	Body Sculpt 13+ 9:45-10:45am	Fitness Yoga 13+ 9:15-10:15am		ZUMBA 13+ 9:30-10:30am	ZUMBA 13+ 10:30-11:30am	
Functional Training 13+ 5:30-6:30pm	Bootcamp 13+ 6:45-7:45pm	Body Sculpt 13+ 5:30-6:30pm		Fit 55+ 10:45-11:45am		
Zumba 13+ 6:45-7:45pm				HIIT 13+ 5:30-6:30pm		

GUILDFORD RECREATION CENTRE 15105 105 Avenue 604-502-6360

EFFECTIVE DATE: March 18 – April 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Yoga 13+ 12:00-1:00pm	Indoor Cycling 13+ 9:15-10:15am	Fit 55+ 9:30-10:30am	Fit 55+ 9:30-10:30am	Yoga 13+ 8:00-9:00am	Indoor Cycling 13+ 8:15-9:15am	Bhangra Aerobics 13+ 9:00-10:00am
Yoga 13+ 5:00-6:00pm	Zumba 13+ 9:30-10:30am	Chair Exercises 13+ 10:45-11:45am	Fitness Yoga 13+ 12:00-1:00pm	Core Conditioning 13+ 9:15-10:15am	Cardio Kickboxing 13+ 8:30-9:30am	Zumba 13+ 10:15-11:15am
Step & Sculpt 13+ 6:15-7:15pm	Bollywood Aerobics 13+ 5:30-6:30pm	Pilates 13+ 12:10-12:55pm	Body Sculpt 13+ 5:45-6:45pm	Zumba 13+ 7:00-8:00pm	Yoga 13+ 8:45-9:45am	
	Yoga 13+ 6:45-7:45pm	Indoor Cycling 13+ 5:30-6:30pm				
		Zumba 13+ 6:00-7:00pm				
		Bootcamp 13+ 7:15-8:15pm				

NEWTON RECREATION CENTRE

13730 72 Avenue 604-501-5540

EFFECTIVE DATE: March 18 – April 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fit 55+ 10:30am-11:30am Room #4	Fit 55+ 9:00am-10:00am Senior's Centre	Fit 55+ 9:30-10:30am Room #4	Fit 55+ 9:00am-10:00am Senior's Centre	Fit 55+ 10:30am-11:30am Room #4	Indoor Cycling 8:15am-9:00am Room #4	
Functional Circuit 11:45am –12:45pm Fitness Centre	Functional Circuit 11:45am –12:45pm Fitness Centre	Functional Circuit 11:00am-12:00pm Fitness Centre	Core Conditioning 11:45am-12:45pm Room #4	Yin Yoga 12:15pm-1:15pm Room #4	Bootcamp 9:15am-10:15am Room #4	
Yoga 1:00pm-2:00pm Room #4	Yoga 55+ 10:15am-11:15am Room #4	Zumba 10:45am -11:45am Room #4	Step and Sculpt 6:00pm-7:00pm Room #4		Functional Circuit 10:30am-11:30am Fitness Centre	
	Yin Yoga 11:30am-12:30pm Room #4	Functional Circuit 7:00pm-7:45pm Fitness Centre	Zumba 7:30pm-8:30pm Room #4		Functional Circuit 4:00pm – 5:00pm Fitness Centre	
	Indoor Cycling and Strength 6:00pm-7:00pm Room #4					
	Zumba 7:30pm-8:30pm Room #4					

NORTH SURREY SPORT & ICE COMPLEX

10950 126A Street 604-591-4410

EFFECTIVE DATE: March 18 – April 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Circuit 9:15-10:15am Yoga 10:30-11:30am	Circuit 9:15-10:15am	Circuit 9:15-10:15am Yoga 10:30-11:30am	Circuit 9:15-10:15am Pilates 9:15-10:15am Yoga 10:30 – 11:30am	Indoor Cycling 8:15-9am Barre 9:15-10:15am Fitness Yoga 10:45 – 11:45am Body Sculpt 12:15-1:15pm	Yoga 9-10am
Body Sculpt 5:15-6:15pm Core Conditioning 6:30-7:15pm Yoga 7:45-9pm	Bootcamp 5:15-6:15pm Indoor Cycling 6:30-7:15pm Zumba 6:30-7:30pm	Yoga 5:15-6:15pm Bootcamp 6:30-7:30pm	Zumba 5:15-6:15pm Indoor Cycling 5:15-6pm Yoga 6:30-7:45pm			

SURREY SPORTS & LEISURE COMPLEX

#100 - 16555 Fraser Hwy 604-501-5950

EFFECTIVE DATE: Mar 18 – Apr 1 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 9:15-10:15am	Functional Training 9:15-10:15am	Step and Sculpt 8:15-9:15am	Yoga 9:15-10:15am	Step and Sculpt 8:15-9:15am	Functional Training 9:15-10:15am	Step and Sculpt 9:00-10:00am
Core Conditioning 10:30-11:30am	Yoga 10:30-11:30am	Pilates 9:30-10:30am	Barre 10:30-11:30am	Core Conditioning 9:30-10:30am	Yoga 10:30-11:30am	
Bodysculpt 5:30-6:30pm	Core Conditioning 5:30-6:30pm	Barre 7:00-8:00pm	Zumba 6:45-7:45pm			
	Zumba 6:45-7:45pm					

SOUTH SURREY RECREATION & ARTS CENTRE

14601 20 Avenue 604-592-6970

EFFECTIVE DATE: March 18 – April 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bootcamp 8-9am	Cycle & Strength 6:15-7:15am	Zumba 9:20-10:20am	Bootcamp 6:15-7:00am	Indoor Cycling 9:15-10:00am	Yoga 8:15-9:15am	Indoor Cycling 8:45-9:30am
Body Sculpt 9:15-10:15am	TRX Training 6:45-7:45am	Indoor Cycling 9:15-10:15am	TRX Training 8-9am	Cardio Combo 9:15-10:15am	Indoor Cycling 9:15-10:15am	Zumba 9:30-10:30am
Indoor Cycling 9:15-10:15am	Bootcamp 8-9am	Fit 55+ 10:30-11:30am	Cycle & Strength 9:15-10:15am	Yoga 10:30-11:30am	Yoga 9:30-10:30am	Cycle & Strength 9:45-10:45am
Core Conditioning 10:30-11:30am	Cycle & Strength 9:15-10:15am	Pilates 10:30-11:30am	Zumba 9:20-10:20am	Fit 55+ 11:45am-12:45pm	Zumba 10:45-11:45am	Yoga 10:45-11:45am
Yoga 10:30-11:30am	Zumba 9:20-10:20am	Core Conditioning 11:45am-12:45pm	Body Sculpt 10:30-11:30am	Yoga 4:30-5:30pm		
Fit 55+ 11:45am-12:45pm	Yoga 9:30-10:30am	Chair Yoga 55+ 12-1pm	Fit 55+ 11:45am-12:45pm			
Indoor Cycling 12-12:45pm	Pilates 10:30-11:30am	Zumba 6:30-7:30pm	Fit 55+ Lite 12:15-1:15pm			
Chair Yoga 55+ 12-1pm	Fit 55+ 11:45am-12:45pm	Yoga 7:45-8:45pm	Yoga 1-2pm			
Fit 55+ Lite 1-2pm	Yoga 1-2pm		TRX Training 5:15-6:15pm			
Yoga 1-2pm	Yoga 3:30-4:30pm		STRONG Nation 6:30-7:30pm			
Pilates 5:00-6:00pm	TRX Training 5:15-6:15pm					
STRONG Nation 5:15-6:15pm	Zumba 6:30-7:30pm					
Zumba 6:30-7:30pm	Yoga 7:45-8:45pm					
Yoga 7:45-8:45pm						