

DROP-IN



Health | Fitness

HYDE CREEK RECREATION CENTRE - FITNESS CLASSES

1379 Laurier Ave | 604.927.PLAY | Register at portcoquitlam.ca/register

Effective Date: November 2nd, 2025

Fitness Studio

MON	TUE	WED	THU	FRI	SAT	SUN
9:30-10:30am Body Sculpt TBA	9:30-10:30am Spin & Sculpt Kim	9:30-10:30am Body Sculpt Carolina	9:30-10:25am Spin Leslie	9:30-10:30am HIIT Andrea	8:15-9:00am Spin Express Jen T	8:10-8:55am HIIT Express Sonia
	10:45-11:30am Prime Time Spin Aren	10:45-11:45am L.I.F.E Fit Leslie	10:45-11:30am Prime Time Spin Leslie			9:15-10:00am Spin Express Leslie
12:00-1:00pm Low Intensity Interval Training Sonia	5:30-6:15pm Spin Express Leslie			12:00-1:00pm L.I.F.E Fit Leslie		
	6:30-7:30pm Body Sculpt Leslie	5:30-6:30pm Zumba Renata		6:30-7:30pm Zumba Mariela		
7:15-8:15pm Zumba Muriel			7:15-8:15pm Zumba Laura T	7:45-8:45pm Body Sculpt Mariela		

Fitness Studio Wellness — Community Room #2

MON	TUE	WED	THU	FRI	SAT	SUN
10:45-11:45am Yoga Sonia	9:30-10:30am Yoga Candace	11:00am-12:00pm Yoga Stretch Tara	9:30-10:30am Yoga Kim	9:30-10:30am Mat Pilates Jackie	9:30-10:30am Yoga Adela	9:15-10:15am Yoga Sonia
6:00-7:00pm Yoga Kim	10:45-11:45am Baby and Me Candace		6:00-7:00pm Yoga Nancy R	10:45-11:45am Yoga Jackie		
7:15-8:15pm Curvy Yoga Kim	6:45-7:45pm Yoga Aurora	7:15-8:15pm Yogalates Kim	7:15-8:15pm Curvy Yoga Kim	6:00-7:00pm Drop-in Yoga Aurora		

Black is pre-registered Drop-in – Registration Opens 2 days in Advance • Red is Registered Class Sets • classes are subject to change