

DROP-IN



Health | Fitness

HYDE CREEK RECREATION CENTRE - FITNESS CLASSES

Effective Date: May 24, 2025

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

Fitness Studio

MON	TUE	WED	THU	FRI	SAT	SUN
9:30-10:30am Body Sculpt Adela	9:30-10:30am Spin & Sculpt Kim	9:30-10:30am Body Sculpt Carolina	9:30-10:30am 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 Cardio 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 Strength Leslie		
	6:30-7:30pm Body Sculpt Leslie			6:30-7:30pm Zumba Mariela		
7:15-8:15pm Zumba Muriel	7:45-8:45pm Zumba Quan		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	10:45-11:45am Yoga Stretch Tara	9:30-10:30am Yoga Kim	10:45-11:45am Yoga Jackie	9:30-10:30am Yoga Adela	9:15-10:15am Yoga Sonia
6:00-7:00pm Yoga Kim			6:00-7:00pm Yoga Nancy R	6:00-7:00pm Yoga Aurora		
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			

Black is Pre -registered Drop-in – Registration Opens 2 Days in Advance • Red is Registered Classes - classes subject to change