



## PORT COQUITLAM COMMUNITY CENTRE – FITNESS CLASSES

Effective Date: May 4<sup>th</sup>, 2026

2150 Wilson Ave | 604. 927.PLAY | Register at [portcoquitlam.ca/register](http://portcoquitlam.ca/register)

### Top Floor Fitness Studio

| MON  | TUE  | WED   | THU   | FRI  | SAT  | SUN   |
|--|--|---|---|--|--|---|
| <b>8:15-9:15am</b><br>Kickbox Cardio & Strength<br>Janet | <b>8:30-9:15am</b><br>HIIT Express<br>Patty                  |   |   | <b>8:15-9:15am</b><br>Kickbox Cardio & Strength<br>Janet |  |   |
| <b>9:30-10:30am</b><br>HIIT<br>Janet                     | <b>9:30-10:30am</b><br>Body Sculpt<br>Patty                  | <b>9:30-10:15am</b><br>HIIT Express<br>Leslie                     | <b>9:30-10:30am</b><br>HIIT<br>Tammy R            | <b>9:30-10:15am</b><br>Body Sculpt Express<br>Janet      | <b>9:15-10:00am</b><br>HIIT Express<br>Sandi | <b>9:15-10:15am</b><br>Body Sculpt<br>Gabby |
| <b>10:45-11:45am</b> Zumba<br>Gold (60+)<br>Muriel       | <b>10:45-12:15pm</b><br>Tai Chi Beg. (60+)<br>Bob (JB Young) |   | <b>10:45-12:15pm</b><br>Tai Chi Int. (60+)<br>Bob | <b>11:15-12:15pm</b> Zumba<br>Gold (60+)<br>Adela        | <b>10:15-11:15am</b><br>Body Sculpt<br>Gabby | <b>10:30-11:30am</b><br>Zumba<br>Muriel     |
| <b>5:30-6:30pm</b><br>Body Sculpt<br>Leslie/Suzette      |  | <b>12:10-12:55pm</b><br>Core & More<br>Kim                        |   |  |  |   |
| <b>7:00-7:45pm</b><br>HIIT Express<br>Cara               | <b>5:45-6:45pm</b><br>Zumba<br>Muriel                        | <b>6:00-6:45pm</b><br>HIIT / Body Sculpt Express<br>Sandi / Gabby | <b>5:45-6:45pm</b><br>Cardio Blast<br>Janet       |  |  |   |
| <b>8-9pm</b><br>Zumba+LIFT<br>Mariela                    | <b>7:15-8:15pm</b><br>Body Sculpt<br>Gabby                   |   | <b>7:00-8:00pm</b><br>HIIT<br>Sandi               |  |  | <b>6:00-7:00pm</b><br>Zumba<br>Quan         |

### Bottom Floor Spin Studio

| MON  | TUE   | WED  | THU  | FRI  | SAT  | SUN |
|--|---|--|--|--|--|-----|
| <b>9:30-10:15am</b><br>Spin Express<br>Steph         | <b>6:30-7:15am</b><br>Spin Express<br>Jen T         | <b>9:30-10:15am</b><br>Spin Express<br>Steph | <b>6:30-7:15am</b><br>Spin Express<br>Aren           | <b>9:30-10:15am</b><br>Spin Express<br>Tammy G | <b>8:30-9:15am</b><br>Spin Express<br>Cara   |     |
|  | <b>10:45-11:45am</b><br>TRX Yoga Core<br>Tara/Robin |  | <b>10:45-11:45am</b><br>TRX Yoga Core<br>Tara/Jackie |  | <b>9:45-10:30am</b><br>Spin Express<br>Jen T |     |
| <b>4:45-5:30pm</b><br>Spin Express<br>Amanda         |   |  | <b>4:45-5:30pm</b><br>Spin Express<br>Janet          | <b>6:00-6:45pm</b><br>Spin Express<br>Gabby    |  |     |
| <b>6:45-7:30pm</b><br>Spin Express<br>Leslie/Suzette | <b>7:00-7:45pm</b><br>Spin Express<br>Aubyn         | <b>7:00-7:45pm</b><br>Spin Express<br>Jen T  | <b>7:00-7:45pm</b><br>Spin Express<br>Aubyn          |  |  |     |

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

**DROP-IN**



# Health | Fitness

CITY OF PORT COQUITLAM

## Laking Room Top Floor

| MON  | TUE  | WED  | THU  | FRI   | SAT  | SUN                                  |
|--|--|--|--|---|--|--------------------------------------|
|  |  | <b>6:45-7:45am</b><br>Yoga Rise<br>Candace                   |  |   | <b>8:15-9:15am</b><br>Yoga Stretch<br>Sheetal  |                                      |
| <b>9:30-10:30am</b><br>Yoga<br>Jackie                | <b>9:30-10:30am</b><br>Yoga<br>Tara/Adela          | <b>9:30-10:30am</b><br>Yoga<br>Kim                           | <b>9:15-10:45am</b><br>Hatha Yoga Multi Lev.<br>(60+) Bernadette | <b>9:30-10:30am</b><br>Yoga<br>Robin                        | <b>9:30-10:30am</b><br>Yoga<br>Adele/Nancy R   | <b>9:00-10:00am</b><br>Yoga<br>Aiden |
| <b>10:45-11:45am</b><br>Stretch Yoga (60+)<br>Joanna | <b>10:45-11:45am</b><br>Chair Yoga (60+)<br>Cheryl | <b>10:45-11:45am</b><br>Chair Yoga & Strength<br>(60+) Adele | <b>11:00am-12:00pm</b><br>Mat Pilates Foundations<br>Tammy G     | <b>10:45-12:15pm</b><br>Hatha Yoga Int. (60+)<br>Bernadette | <b>11:00am-12:00pm</b><br>Mat Pilates<br>Janet |                                      |
| <b>12:00-1:00pm</b><br>Chair Yoga (60+)<br>Joanna    | <b>12:15-1:00pm</b><br>Yoga Express<br>Tara/Adela  | <b>12:00-1:00pm</b><br>Chair Yoga (60+)<br>Nancy R           | <b>12:15-1:00pm</b><br>Yoga Express<br>Tara/Candace              | <b>12:30-1:30pm</b><br>Stretch Yoga (60+)<br>Sheetal        |  |                                      |
|  | <b>1:30-3:30pm</b><br>Yoga Therapy (60+)<br>Cheryl |  | <b>1:30-2:30pm</b><br>Chair Yoga (60+)<br>Adela                  |   |  |                                      |
| <b>5:45-6:45pm</b><br>Yogalates<br>Robin             | <b>5:45-6:45pm</b><br>Prenatal Yoga<br>Aditi       |  | <b>6:00-7:00pm</b><br>Yoga<br>Nancy                              |   |  |                                      |
| <b>7:00-8:00pm</b><br>Yoga<br>Candace                | <b>7:00-8:00pm</b><br>Yoga Stretch<br>Aditi        | <b>7:00-8:00pm</b><br>Yoga<br>Nancy R                        | <b>7:15-8:15pm</b><br>Yoga for All-Bodies<br>Nancy               |   |  |                                      |

## Mabbett Room Bottom Floor

| MON  | TUE  | WED  | THU  | FRI   | SAT | SUN |
|--|--|--|--|---|-----|-----|
| <b>9:00-10:00am</b><br>Total Fit 60+<br>Carolina | <b>9:00-10:00am</b><br>Total Fit 60+<br>Kim D          | <b>9:00-10:00am</b><br>Total Fit 60+<br>Lilly  | <b>9:00-10:00am</b><br>Total Fit 60+<br>Tammy G        | <b>9:00-10:00am</b><br>Total Fit 60+<br>Leslie  |     |     |
| <b>10:15-11:15am</b><br>Chair Fit 60+<br>Adele   | <b>10:15-11:15am</b><br>Core Conditioning 60+<br>Kim D | <b>10:15-11:15am</b><br>Chair Fit 60+<br>Lilly | <b>10:15-11:15am</b><br>Core Conditioning 60+<br>Kim D | <b>10:15-11:15am</b><br>Chair Fit 60+<br>Leslie |     |     |
|  | <b>11:30-12:30pm</b><br>Chair Mobility 60+<br>Suzette  |  |  |   |     |     |

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