Effective Date: May 24, 2025

PORT COQUITLAM COMMUNITY CENTRE – FITNESS CLASSES

2150 Wilson Ave I 604.927.PLAY | Register at portcoquitlam.ca/register

Top Floor Fitness Studio

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

Bottom Floor Spin Studio

MON	TUE	WED	THU	FRI	SAT	SUN
9:30-10:15am	6:30-7:15am	9:30-10:15am	6:30-7:15am	9:30-10:15am	8:30-9:15am	
Spin Express	Spin Express	Spin Express	Spin Express	Spin Express	Spin Express	
Andrea	Jen T	Andrea	Aren	Tammy P	Cara	
	10:45-11:45am		10:45-11:45am		9:45-10:30am	
	TRX Yoga Core		TRX Yoga Core		Spin Express	
	Tara		Tara		Jen T	
4:45-5:30pm			4:45-5:30pm	6-6:45pm		
Spin Express			Spin Express	Spin Express		
Amanda			Janet	Gabby		
6:45-7:30pm	7:00-7:45pm	7:00-7:45pm	7:00-7:45pm			
Spin Express	Spin Express	Spin Express	Spin Express			
Leslie	Aubyn	Jen T	Aubyn			



Laking Room Top Floor

MON	TUE	WED	THU	FRI	SAT	SUN
		6:45-7:45am			8:15-9:15am	
		Yoga Rise			Yoga Stretch	
		Candace			Aiden	
9:30- 10:30am	9:30-10:30am	9:30-10:30am	9:15-10:45am	9:30-10:30am	9:30-10:30am	9:30-10:30am
Yoga	Yoga	Yoga	Hatha Yoga Multi Lev.	Yoga	Yoga	Yoga
Jackie	Tara	Kim	(60+) Bernadette	Robin	Adele/Nancy	Candace
10:45-11:45am	10:45-11:45am	10:45-11:45am	11:00am-12:00pm	10:45-12:15pm	11:00-noon	
Stretch Yoga (60+)	Chair Yoga (60+)	Chair Yoga & Strength	Mat Pilates Foundations	Hatha Yoga Int. (60+)	Mat Pilates	
Joanna	Cheryl	(60+) Adele	Tammy P	Bernadette	Janet	
12:00-1:00pm	12:15-1:00pm		12:15-1:00pm	12:30-1:30pm		
Chair Yoga (60+)	Yoga Express		Yoga Express	Stretch Yoga (60+)		
Joanna	Tara		Tara	Joanna		
1:15-2:15pm	1:30-3:30pm		1:30-2:30pm			
Baby & Me Yoga	Yoga Therapy (60+)		Chair Yoga (60+)			
Candace	Cheryl		Adela			
5:45-6:45pm			5:45-6:45pm			
Yogalates			Yoga			
Robin			Aiden			
7:00-8:00pm	7:15-8:15pm	7:00-8:00pm	7:15-8:15pm			
Yoga	Yoga Stretch	Yoga	Vinyasa Flow Yoga			
Candace	Jackie	Nancy R	Candace			

Mabbett Room Bottom Floor

MON	TUE	WED	THU	FRI	SAT	SUN
9:00-10:00am	9:00-10:00am	9:00-10:00am	9:00-10:00am	9:00-10:00am		
Total Fit 60+	Total Fit 60+	Total Fit 60+	Total Fit 60+	Total Fit 6 0+		
Sabrina	Tammy P	Sabrina	Tammy P	Leslie		
10:15-11:15am	10:15-11:15am	10:15-11:15am	10:15-11:15am	10:15-11:15am		
Chair Fit (60+)	Core Conditioning	Chair Fit (60+)	Core Conditioning	Chair Fit (60+)		
Sabrina	(60+) Tammy P	Sabrina	(60+) Kim D	Leslie		

PORT COQUITLAN RECREATION