

DROP-IN



# Health | Fitness

CITY OF PORT COQUITLAM

## PORT COQUITLAM COMMUNITY CENTRE – FITNESS CLASSES

2150 Wilson Ave 1 604. 927.PLAY | Register at [portcoquitlam.ca/register](http://portcoquitlam.ca/register)Effective Date: January 2<sup>nd</sup>, 2026

### Top Floor Fitness Studio

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

### Bottom Floor Spin Studio

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

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## 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                | <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     | <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 P     | <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        |  | <b>12:15-1:00pm</b><br>Yoga Express<br>Tara                      | <b>12:30-1:30pm</b><br>Stretch Yoga (60+)<br>Sheetal        |  |                                      |
| <b>1:15-2:15pm</b><br>Vinyasa Flow Yoga<br>Candace   | <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>Yoga<br>Shelly                             |   |  |                                      |
| <b>7:00-8:00pm</b><br>Yoga<br>Candace                | <b>7:15-8:15pm</b><br>Yoga Stretch<br>Jackie       | <b>7:00-8:00pm</b><br>Yoga<br>Nancy R                        | <b>7:15-8:15pm</b><br>Vinyasa Flow Yoga<br>Candace               |   |  |                                      |

## 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 P        | <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 |     |     |

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