

DROP-IN



Health | Fitness

HYDE CREEK RECREATION CENTRE - FITNESS CLASSES

Effective Date: March 30th, 2026

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 Suzette	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 Suzette	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		6:45-7:45pm Body Sculpt Marise/Suzette	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
	10:45-11:45am Baby and Me Candace		5:45-6:45pm Yoga Fusion Shelly M	10:45-11:45am Yoga Jackie		
6:00-7:00pm Yoga Monish	6:45-7:45pm Yoga Aurora/Monish	6:45-7:45pm Yoga Core Renata	7:00-8:00pm Yoga Shelly M	6:00-7:00pm Yoga Aurora/Monish		

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