



## PORT COQUITLAM COMMUNITY CENTRE – FITNESS CLASSES

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

### Bottom Floor Spin Studio

MON	TUE	WED	THU	FRI	SAT	SUN
<b>9:30-10:15am</b> Spin Express Steph	<b>6:30-7:15am</b> Spin Express Jen T	<b>9:30-10:15am</b> Spin Express Steph	<b>6:30-7:15am</b> Spin Express Aren	<b>9:30-10:15am</b> Spin Express Tammy G	<b>8:30-9:15am</b> Spin Express Cara	
	<b>10:45-11:45am</b> TRX Yoga Core Tara/Robin		<b>10:45-11:45am</b> TRX Yoga Core Tara/Jackie		<b>9:45-10:30am</b> Spin Express Jen T	
<b>4:45-5:30pm</b> Spin Express Amanda			<b>4:45-5:30pm</b> Spin Express Janet	<b>6:00-6:45pm</b> Spin Express Gabby		
<b>6:45-7:30pm</b> Spin Express Leslie/Suzette	<b>7:00-7:45pm</b> Spin Express Aubyn	<b>7:00-7:45pm</b> Spin Express Jen T	<b>7:00-7:45pm</b> Spin Express 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> Yoga Rise Candace			<b>8:15-9:15am</b> Yoga Stretch Sheetal	
<b>9:30-10:30am</b> Yoga Jackie	<b>9:30-10:30am</b> Yoga Tara	<b>9:30-10:30am</b> Yoga Kim	<b>9:15-10:45am</b> Hatha Yoga Multi Lev. (60+) Bernadette	<b>9:30-10:30am</b> Yoga Robin	<b>9:30-10:30am</b> Yoga Adele/Nancy R	<b>9:00-10:00am</b> Yoga Aiden
<b>10:45-11:45am</b> Stretch Yoga (60+) Joanna	<b>10:45-11:45am</b> Chair Yoga (60+) Cheryl	<b>10:45-11:45am</b> Chair Yoga & Strength (60+) Adele	<b>11:00am-12:00pm</b> Mat Pilates Foundations Tammy G	<b>10:45-12:15pm</b> Hatha Yoga Int. (60+) Bernadette	<b>11:00am-12:00pm</b> Mat Pilates Janet	
<b>12:00-1:00pm</b> Chair Yoga (60+) Joanna	<b>12:15-1:00pm</b> Yoga Express Tara	<b>12:00-1:00pm</b> Chair Yoga (60+) Nancy R (starts May 20)	<b>12:15-1:00pm</b> Yoga Express Tara	<b>12:30-1:30pm</b> Stretch Yoga (60+) Sheetal		
	<b>1:30-3:30pm</b> Yoga Therapy (60+) Cheryl		<b>1:30-2:30pm</b> Chair Yoga (60+) Adela			
<b>5:45-6:45pm</b> Yogalates Robin	<b>5:45-6:45pm</b> Prenatal Yoga Aditi (starts May 19)		<b>6:00-7:00pm</b> Yoga Nancy			
<b>7:00-8:00pm</b> Yoga Candace	<b>7:00-8:00pm</b> Yoga Stretch (starts April 7) Aditi	<b>7:00-8:00pm</b> Yoga Nancy R	<b>7:15-8:15pm</b> Yoga for All-Bodies Nancy			

## Mabbett Room Bottom Floor

MON	TUE	WED	THU	FRI	SAT	SUN
<b>9:00-10:00am</b> Total Fit 60+ Carolina	<b>9:00-10:00am</b> Total Fit 60+ Kim D	<b>9:00-10:00am</b> Total Fit 60+ Lilly	<b>9:00-10:00am</b> Total Fit 60+ Tammy G	<b>9:00-10:00am</b> Total Fit 60+ Leslie		
<b>10:15-11:15am</b> Chair Fit 60+ Adele	<b>10:15-11:15am</b> Core Conditioning 60+ Kim D	<b>10:15-11:15am</b> Chair Fit 60+ Lilly	<b>10:15-11:15am</b> Core Conditioning 60+ Kim D	<b>10:15-11:15am</b> Chair Fit 60+ Leslie		
	<b>11:30-12:30pm</b> Chair Mobility 60+ Suzette (starts May 19)					

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