

DROP-IN



Health | Fitness

HYDE CREEK RECREATION CENTRE - FITNESS CLASSES

Effective Date: September 2nd, 2025

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 Carolina | 9:30-10:30am Spin & Sculpt Kim | 9:30-10:30am Body Sculpt Carolina | 9:30-10:15am Spin Express Leslie | 9:30-10:30am HIIT Andrea | 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 | | | 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-noon 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 |
| 6:00-7:00pm Yoga Kim | 10:45-11:45am Baby and Me Candace | | 6-7pm Yoga Nancy R | 10:45-11:45am Yoga Jackie | | |
| 7:15-8:15pm Curvy Yoga Kim | 6:45-7:45pm Yoga Aurora | 7:15-8:15pm Yogalates Kim | 7:15-8:15pm Curvy Yoga Kim | 6:00-7:00pm Drop-in Yoga Aurora | | |

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