

DROP-IN



Health | Fitness

CITY OF PORT COQUITLAM

PORT COQUITLAM COMMUNITY CENTRE – FITNESS CLASSES

Effective Date: September 2nd, 2025

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

Top Floor Fitness Studio

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

Bottom Floor Spin Studio

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

Black is pre-registered Drop-in – Registration Opens 2 days in Advance • Red is Registered Class Sets • classes are subject to change



Laking Room Top Floor

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

Mabbett Room Bottom Floor

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

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