

DROP-IN



Health | Fitness

CITY OF PORT COQUITLAM

PORT COQUITLAM COMMUNITY CENTRE – FITNESS CLASSES

Effective Date: August 4th, 2026

2150 Wilson Ave | **604. 927.PLAY** | Register at portcoquitlam.ca/register

Top Floor Fitness Studio

MON	TUE	WED	THU	FRI	SAT	SUN
	8:30-9:15am HIIT Express Patty			8:15-9:15am HIIT Janet		
9:30-10:30am Body Sculpt Janet	9:30-10:30am Body Sculpt Patty	9:30-10:15am HIIT Express Leslie	9:30-10:30am HIIT Tammy R	9:30-10:15am Body Sculpt Express Janet	9:15-10:00am HIIT Express Marise / Sandi	9:15-10:15am Body Sculpt Marise / Gabby
10:45-11:45am Zumba Gold (60+) Muriel				11:15-12:15pm Zumba Gold (60+) Adela / Kim D	10:15-11:15am Body Sculpt Gabby	10:30-11:30am Zumba Muriel
5:30-6:30pm Body Sculpt Leslie/Suzette		12:10-12:55pm Core & More Kim				
7:00-7:45pm HIIT Express Elena	5:45-6:45pm Zumba Muriel	6:00-6:45pm HIIT / Body Sculpt Express Sandi / Gabby	5:45-6:45pm Cardio Blast Janet			
8-9pm Zumba+LIFT Mariela	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 Steph	6:30-7:15am Spin Express Jen T	9:30-10:15am Spin Express Steph	6:30-7:15am Spin Express Aren	9:30-10:15am Spin Express Peggi	8:30-9:15am Spin Express Cara	
					9:45-10:30am Spin Express Jen T	
4:45-5:30pm Spin Express Amanda				6:00-6:45pm Spin Express Gabby		
6:45-7:30pm Spin Express	7:00-7:45pm Spin Express	7:00-7:45pm Spin Express	7:00-7:45pm Spin Express			

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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Leslie/Suzette

Aubyn

Jen T

Aubyn

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		9:30-10:30am Yoga Robin	9:30-10:30am Yoga Adele/Nancy R	8:30-9:30am Yoga Donna
10:45-11:45am Stretch Yoga (60+) Joanna / Tara	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 G		11:00am-12:00pm Mat Pilates Janet	
12:00-1:00pm Chair Yoga (60+) Joanna / Tara	12:15-1:00pm Yoga Express Tara		12:15-1:00pm Yoga Express Tara	12:30-1:30pm Stretch Yoga (60+) Sheetal		
	1:30-3:30pm Yoga Therapy (60+) Cheryl		1:30-2:30pm Chair Yoga (60+) Adela			
			6:00-7:00pm Yoga Nancy			
7:00-8:00pm Yoga Candace	7:00-8:00pm Yoga Stretch Aditi	7:00-8:00pm Yoga Nancy R				

Mabbett Room Bottom Floor

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

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