

# PCCC DROP-IN FITNESS SCHEDULE

January 30–March 29, 2020

## FITNESS STUDIO – SECOND FLOOR

	MON	TUE	WED	THU	FRI	SAT	SUN
AM	8:15-9:15AM **Total Fitness (WS)		8:15-9:15AM **Total Fitness (WS)		8:15-9:15AM **Total Fitness (WS)	9:45-10:45AM HIIT-Step	9:45-10:45AM Body Sculpt
	9:30-10:15AM Body Sculpt		9:30-10:30AM Body Sculpt	9:30-10:15AM HIIT-Step			
PM				12:10-12:50PM Core Plus More			
		5:45-6:45PM Body Sculpt	7-8PM Body Sculpt				

## SMALL MULTI-PURPOSE ROOM – SECOND FLOOR

	MON	TUE	WED	THU	FRI	SAT	SUN
AM	9:30-10:30AM Drop-in Yoga					9:30-10:30AM Drop-in Yoga	
PM		12:10-12:50PM Drop-in Yoga			12:10-12:50PM Drop-in Yoga		
	4:45-5:45PM Drop-in Yoga	7-8PM Drop-in Yoga					

## SPIN ROOM – FIRST FLOOR

	MON	TUE	WED	THU	FRI	SAT	SUN
AM			6:05-6:50AM Spin			8:45-9:30AM Spin	8:30-9:15AM Spin
			9:30-10:15AM Spin		9:30-10:30AM Spin & Core	9:45-10:30AM Spin 101	9:30-10:30AM Spin & Core
PM	12:10-12:50PM Spin						
	5-5:45PM Spin	6:00-6:45PM Spin	5-5:45PM Spin	5-5:45PM Spin 101			
	6-7PM Spin Fusion	7-7:40PM Spin 101	7-8PM Spin Fusion	6:30-7:15PM Spin			

**Spin** Cardio training on a bike  
**Spin Fusion** Spin class with added variety: TRX, Yoga, Pilates or mat work  
**Spin 101** Ideal for the beginner spinner!  
**HIIT** Interval style class focusing on body or on step

**Body Sculpt** All levels–A variety of equipment used to work the entire body  
**Step** Step cardio and endurance class  
**Core Plus More** Work on your core, back, hips and glutes  
**\*\*Total Fitness (WS - Wilson Seniors Only)** Full body fitness class

### WEIGHT ROOM HOURS OF OPERATION

Monday–Friday	6AM–9PM
Saturday & Sunday	8AM–9PM
Statutory Holidays	*TBA

\*For most recent information on hours, visit [portcoquitlam.ca/pccc](http://portcoquitlam.ca/pccc)

### PLEASE NOTE

- For 12yrs and up
- Sign up in person only–first come basis
- All fitness levels will be accommodated in all classes
- Regular admission for all classes
- Fitness class schedules subject to change

