

OUTDOOR FITNESS CLASSES

Starting July 6, 2020

	MON	TUE	WED	THU	FRI	SAT	SUN
AM	9:00-10:00AM Seniors Location: Gates Instructor: Raquel		9:00-10:00AM Boot Camp Location: Gates Instructor: Leslie/Kirsti		9:00-10:00AM Seniors Location: Gates Instructor: Raquel		
No Equipment Provided. Bring your own: Towel, Waterbottle, Hand Sanitizer (Optional: Exercise/Yoga Mat)							
PM		6:30-7:30PM Boot Camp Location: Aggie Instructor: Leslie/Kirsti		6:30-7:30PM HIIT Location: Aggie Instructor: Kirsti			

*Please fill out a **Physical Activity Readiness Questionnaire** (Par-Q) online before participating in our outdoor fitness classes. The PAR-Q can be found at portcoquitlam.ca/fitness

Class Type:

Seniors Low-Impact Variety Classes – all levels
 HIIT High Intensity Interval Training – intermediate-advanced levels
 Boot Camp Full Body Workout – all levels

Class Locations:

Gates Park 2300 Reeve St, Port Coquitlam
 *Meet by the furthest washroom in the South West corner of the park (not by concession).
Aggie Park 3050 Chester St, Port Coquitlam
 *Meet by the Aggie Park sign.

PLEASE NOTE:

- Cost: \$5/class
- Fitness memberships will not be accepted as payment at this time. No refunds unless City cancels/changes the class.
- Register online at portcoquitlam.ca/register or by phone Wednesday 9-11am at 604-927-PLAY (7529) – **no drop-ins**.
- Registration will begin at midnight each Wednesday for classes held the following week and may be booked one week at a time on a first-come, first-served basis.
- If you register online for a class the same day, proof of registration will be required.
- Classes will be held rain or shine.
- Fitness class schedule updated weekly (new classes added based on demand) & posted at portcoquitlam.ca/fitness.

PUBLIC HEALTH SAFETY MEASURES:

- Each class will have a maximum of 15 participants with their own marked area.
- Participants will be required to bring their own mat, towel and water bottle; there will no shared equipment or access to City equipment.
- Each location has washrooms nearby for hand washing.
- Participants will be asked to answer health screening questions prior to exercising.
- Participants are required to stay home if feeling sick – with no exceptions.

For the latest schedule and more information, please visit:

portcoquitlam.ca/fitness



**PORT COQUITLAM
RECREATION**

Move. Create. Connect.

Register here: portcoquitlam.ca/register