

INDOOR FITNESS CLASSES

Fitness Studio Schedule - Port Coquitlam Community Centre

	MON	TUE	WED	THU	FRI	SAT	SUN
AM	9:15-10:05AM Seniors Instructor: Leslie	9:15-10:15AM Body Sculpt Instructor: Tammy	9:15-10:05AM Seniors Instructor: Leslie	9:15-10:15AM HIIT Instructor: Kirsti		9:30-10:15AM Seniors Instructor: Sabrina	
PM		12:10-12:50PM Yoga Instructor: Amy					
	6:00-6:50PM Body Sculpt Instructor: Leslie		6:00-6:45PM Seniors Instructor: Jen K	7:15-8:10PM Yoga Instructor: Melissa (Begins Oct.15)			

Fitness Drop-in - Max. 12 • Seniors Drop-in - Max. 12 • Yoga Drop-in - Max. 15

Spin Room Schedule - Port Coquitlam Community Centre

	MON	TUE	WED	THU	FRI	SAT	SUN
AM			9:30-10:15AM Spin Instructor: Kirsti		9:30-10:15AM Spin Instructor: Leslie	9:15-10:00AM Spin Instructor: Kirsti	
				12:10-12:50PM Spin Instructor: Tammy			
PM		5:15-6:00PM Spin Instructor: Kirsti					
	7:15-8:05PM Spin Instructor: Leslie	7:15-8:05PM Spin Instructor: Steph	7:15-8:05PM Spin Instructor: Jen K	6:00-6:45PM Spin Instructor: Leslie			

Spin Drop-in - Max. 9

Pre-Registration Required: portcoquitlam.ca/register

CITY OF PORT COQUITLAM

INDOOR FITNESS CLASSES

Class Type:

Seniors Total Fit - Total body workout to improve your cardiovascular endurance, muscle strength, balance, coordination and flexibility. Mats and minimal equipment will be provided. No chairs will be provided.

Body Sculpt - Total body workout to improve your cardiovascular endurance, muscle strength, power and flexibility. Mats and minimal equipment will be provided

Spin - Enjoy a 45 minute spin class

HIIT - HIIT is a cardio, power, and strength workout with short energizing bursts. Mats and minimal equipment will be provided.

Yoga - Enjoy a yoga class, bring your own mat. No mats will be provided.

PLEASE NOTE:

- Arrive 10 min. before your scheduled class at the Main Entrance on Wilson Avenue, please wait outside next to the Library
- Upon arrival please review signage and wait in a physical distanced spot
- Please follow signage and staff direction
- Arrive in your fitness attire, change rooms are closed
- Bring minimal personal items that must stay with you at all times, as cubbies and lockers are closed
- Bring a filled water bottle and personal towel, as water fountains are closed - no additional food or drinks allowed
- Registration opens 8am daily for the following week. Registration is required. Register at portcoquitlam.ca/register.

PUBLIC HEALTH SAFETY MEASURES:

- Each class will have a maximum number of participants with their own marked area.
- For Yoga classes, participants will be required to bring their own Yoga mat.
- 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.

Pre-registration Required: portcoquitlam.ca/register