

**CHUCK BAILEY RECREATION CENTRE**

13458 107A Avenue 604-598-5898

**EFFECTIVE DATE: March 31 – April 27**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Fit 55+</b> 9:15-10:15am</p> <p><b>Chair Exercises</b> 10:30-11:30am</p>		<p><b>Yoga</b> 9:15-10:15am</p>		<p><b>Fit 55+</b> 9:15-10:15am</p> <p><b>Chair Exercises</b> 10:30-11:30am</p>		

## CLAYTON COMMUNITY CENTRE

7155 187A Street 604-502-6300

EFFECTIVE DATE: March 31 to April 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Body Sculpt*</b> 9:15-10:15am	<b>Yoga</b> 8:00-9:00am	<b>Bootcamp</b> 6:15-7:15am	<b>Gentle Yoga</b> 8:00-9:00am	<b>Bootcamp*</b> 9:15-10:15am	<b>Indoor Power Cycling</b> 8:00-9:00am	<b>Indoor Power Cycling</b> 8:30-9:30am
<b>Indoor Cycling*</b> 9:30-10:15am	<b>Fit 55+*</b> 9:00-10:00am	<b>Zumba*</b> 9:15-10:15am	<b>Fit 55+*</b> 9:00-10:00am	<b>Ball, Balance &amp; Strength 55+*</b> 9:30-10:30am	<b>Body Sculpt</b> 8:30-9:30am	<b>Fitness Yoga</b> 8:30-9:30am
<b>Gentle Yoga*</b> 10:45am-11:45am	<b>Yoga*</b> 9:15-10:15am	<b>Functional Circuit*</b> 9:30-10:30am	<b>Yoga*</b> 9:15-10:15am	<b>Dance Fit*</b> 10:45-11:45am	<b>Indoor Power Cycling</b> 9:30-10:15am	<b>Yoga</b> 9:45-10:45am
	<b>Functional Circuit*</b> 9:30-10:30am	<b>Fitness Yoga</b> 12:00-12:45pm	<b>Indoor Power Cycling*</b> 9:15-10:15am	<b>Functional Circuit*</b> 10:45-11:45am	<b>Yoga</b> 9:45-10:45am	
	<b>Dance Fit*</b> 10:45-11:45am	<b>Tai Chi</b> 12:15-1:15pm	<b>Barre*</b> 10:30-11:30am			
	<b>Yoga</b> 12:00-1:00pm					
<b>Bootcamp*</b> 5:15-6:15pm	<b>Body Sculpt</b> 5:15-6:15pm					
<b>Pilates*</b> 6:30-7:30pm	<b>Zumba</b> 6:00-7:00pm			<b>Yin Yoga</b> 6:00-7:00pm		
<b>Indoor Power Cycling*</b> 6:30-7:30pm	<b>Indoor Power Cycling</b> 6:30-7:15pm	<b>Indoor Power Cycling</b> 6:30-7:30pm	<b>Fitness Yoga</b> 6:30-7:30pm			
<b>Yoga</b> 7:45-8:45pm	<b>Yin Yoga</b> 6:30-7:30pm		<b>Candlelight Yoga</b> 7:45-8:45pm			

\*Childminding available during these classes

**GUILDFORD RECREATION CENTRE** 15105 105 Avenue 604-502-6360

**EFFECTIVE DATE:** March 31 – April 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Core Conditioning 13+</b> 9:30-10:30am</p> <p><b>Fitness Yoga 13+</b> 12:00-1:00pm</p> <p><b>Yoga 13+</b> 6:00-7:00pm</p> <p><b>Indoor Cycling 13+</b> 6:45-7:45pm</p> <p><b>Core Conditioning 13+</b> 7:30-8:30pm</p>	<p><b>Indoor Cycling 13+</b> 9:00-10:00am</p> <p><b>Zumba 13+</b> 9:30-10:30am</p> <p><b>Fit 55+</b> 10:45-11:45am</p> <p><b>Bollywood Aerobics 13+</b> 5:45-6:45pm</p> <p><b>Yoga 13+</b> 6:45-7:45pm</p>	<p><b>Body Sculpt 13+</b> 8:30-9:30am</p> <p><b>Yoga 55+</b> 9:30-10:30am</p> <p><b>Chair Exercises 13+</b> 10:45-11:45am</p> <p><b>Indoor Cycling 13+</b> 5:30-6:30pm</p> <p><b>Cardio Kickboxing 13+</b> 5:45-6:45pm</p> <p><b>Bootcamp 13+</b> 7:00-8:00pm</p>	<p><b>Bootcamp 13+</b> 8:15-9:15am</p> <p><b>Fit 55+</b> 9:30-10:30am</p> <p><b>HIIT 13+</b> 12:00-1:00pm</p> <p><b>Body Sculpt 13+</b> 5:45-6:45pm</p> <p><b>Zumba 13+</b> 7:00- 8:00pm</p>	<p><b>Strength &amp; Stretch</b> 8:15-9:15am</p> <p><b>Core Conditioning 13+</b> 9:30-10:30am</p> <p><b>Fitness Yoga 13+</b> 5:30-6:30pm</p> <p><b>Zumba 13+</b> 7:00-8:00pm</p>	<p><b>Indoor Cycling 13+</b> 8:15-9:15am</p> <p><b>Step &amp; Sculpt 13+</b> 8:30-9:30am</p> <p><b>Yoga 13+</b> 9:00- 10:00am</p>	<p><b>Bhangra Aerobics 13+</b> 9:00-10:00am</p> <p><b>Zumba 13+</b> 10:15-11:15am</p>

## FLEETWOOD COMMUNITY CENTRE

15996 84 Avenue 604-501-5030

EFFECTIVE DATE: March 31-April 27 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Circuit Training 55+</b> 9:00am-10:00am	<b>Step and Sculpt</b> 9:15-10:15am	<b>Circuit Training 55+</b> 9:00am-10:00am	<b>Functional Training</b> 9:15-10:15am	<b>Circuit Training 55+</b> 9:00am-10:00am	<b>BodySculpt</b> 8:15-9:15am	<b>Zumba</b> 9:00am-10:00am
<b>Step and Sculpt</b> 9:00am-10:00am	<b>Zumba</b> 9:45-10:45am	<b>Zumba</b> 9:15-10:15am	<b>Zumba</b> 9:45-10:45am	<b>Yoga</b> 10:30-11:30am	<b>Yoga</b> 9:30-10:30am	<b>Yoga</b> 10:15-11:15am
<b>Zumba</b> 9:15-10:15am	<b>Fit 55+</b> 10:30-11:30am	<b>Yoga</b> 9:15-10:15am	<b>Fit 55+</b> 10:30-11:30am	<b>Zumba</b> 9:15-10:15am		
<b>Yoga</b> 10:15-11:15am	<b>Yoga</b> 6:45-7:45pm	<b>Fit 55+</b> 10:30-11:30am	<b>Step and Sculpt</b> 5:30-6:30pm			
<b>Chair Exercises 55+</b> 11:30-12:30pm		<b>Chair Exercises 55+</b> 10:30-11:30am (Large Hall)	<b>Yoga</b> 6:45-7:45pm			
<b>TRX</b> 6:30-7:30pm		<b>BodySculpt</b> 5:45-6:45pm				
<b>Zumba</b> 7:00-8:00pm		<b>Zumba</b> 6:30-7:30pm				
<b>Bhangra Aerobics</b> 7:45pm-8:45pm						

**FRASER HEIGHTS RECREATION CENTRE**

10588 160 Street 604-592-6920

**EFFECTIVE DATE: March 31 – April 27, 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Bootcamp</b> 8:30-9:30am</p> <p><b>Fit 55+</b> 9:45-10:45am</p> <p><b>Functional Training 13+</b> 5:30-6:30pm</p> <p><b>Zumba 13+</b> 6:45-7:45pm</p>	<p><b>Cardio Kickboxing 13+</b> 8:30-9:30am</p> <p><b>Body Sculpt 13+</b> 9:45-10:45am</p> <p><b>Bootcamp 13+</b> 6:45-7:45pm</p>	<p><b>Body Sculpt 13+</b> 8:15-9:15am</p> <p><b>Fitness Yoga 13+</b> 9:15-10:15am</p> <p><b>Body Sculpt 13+</b> 6:45-7:45pm</p>	<p><b>HIIT 13+</b> 8:15-9:15am</p> <p><b>Stretch &amp; Strength 13+</b> 9:30-10:30am</p> <p><b>Core Conditioning 13+</b> 5:30-6:30pm</p>	<p><b>Core Conditioning 13+</b> 8:15-9:15am</p> <p><b>Zumba 13+</b> 9:30-10:30am</p> <p><b>Fit 55+</b> 10:45-11:45am</p> <p><b>HIIT 13+</b> 5:30-6:30pm</p>	<p><b>Fitness Yoga 13+</b> 8:30-9:30am</p> <p><b>Zumba 13+</b> 11:00-12:00pm</p>	

GRANDVIEW HEIGHTS AQUATIC CENTRE

16855 24 Avenue 604-590-7800

EFFECTIVE DATE: Mar 31 – Apr 27, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Drop In Functional Training 12:15pm-1pm</p>		<p>Drop In Functional Training 12:15pm-1pm</p>		<p>Drop In Functional Training 12:15pm-1pm</p>		

## NEWTON SENIORS CENTRE

13775 70 Avenue 604-501-5010

EFFECTIVE DATE: Mar 31 – Apr 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Drop In Fit 55+</b> <b>10:00am-11:00am</b> Newton Recreation Centre Room 4</p>	<p><b>Drop In Fit 55+</b> <b>9:00am-10:00am</b> Newton Seniors Centre Auditorium</p> <p><b>Drop In Pickleball 55+</b> <b>8:30am-10:30am</b> Newton Recreation Centre Gymnasium</p>	<p><b>Drop In Fit 55+</b> <b>9:30am-10:30am</b> Newton Recreation Centre Room 4</p> <p><b>Drop In Table Tennis 55+</b> <b>8:45am-11:15am</b> Newton Seniors Centre Auditorium</p> <p><b>Drop In Pickleball 55+</b> <b>10:00am-12:00pm</b> Newton Recreation Centre Gymnasium</p>	<p><b>Drop In Fit 55+</b> <b>9:00am-10:00am</b> Newton Seniors Centre Auditorium</p> <p><b>Drop In Badminton 55+</b> <b>12:30pm-2:00pm</b> Newton Recreation Centre Gymnasium</p>	<p><b>Drop In Fit 55+</b> <b>10:15am-11:15am</b> Newton Recreation Centre Room 4</p> <p><b>Drop In Table Tennis 55+</b> <b>8:45am-11:15am</b> Newton Seniors Centre Auditorium</p> <p><b>Drop In Pickleball 55+</b> <b>8:30am-10:30am</b> Newton Recreation Centre Gymnasium</p> <p><b>Drop In Pickleball 55+</b> <b>12:30pm-2:00pm</b> Newton Recreation Centre Gymnasium</p>	<p><b>CLOSED</b></p>	<p><b>CLOSED</b></p>

## NORTH SURREY SPORT & ICE COMPLEX

10950 126A Street 604-591-4410

**EFFECTIVE DATE: March 31 – April 27**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Circuit</b> 9:15-10:15am	<b>Circuit</b> 9:15-10:15am	<b>Cardio Combo</b> 9:15-10:15am	<b>Circuit</b> 9:15-10:15am	<b>Circuit</b> 9:15-10:15am	<b>Indoor Cycling</b> 8:15-9am	<b>Yoga</b> 9-10am
	<b>HIIT</b> 9:30-10:30am		<b>Body Sculpt</b> 9:30-10:30am	<b>Core Conditioning</b> 9:15-10:15am	<b>Barre</b> 9:15-10:15am	
				<b>Fitness Yoga</b> 10:30 – 11:30am	<b>Yoga</b> 10:45 – 11:45am	
<b>Bootcamp</b> 12 - 1pm					<b>Body Sculpt</b> 12:15-1:15pm	
<b>Body Sculpt</b> 5:15-6:15pm	<b>Bootcamp</b> 5:15-6:15pm	<b>Yoga</b> 5:15-6:15pm	<b>Zumba</b> 5:15-6:15pm	<b>Body Sculpt</b> 5:15-6:15pm		
<b>Core Conditioning</b> 6:30-7:15pm	<b>Indoor Cycling</b> 6:30-7:15pm	<b>Bootcamp</b> 6:30-7:30pm	<b>Indoor Cycling</b> 5:15-6pm	<b>Yoga</b> 6:30-7:45pm		
<b>Yoga</b> 7:45-9pm	<b>Zumba</b> 6:30-7:30pm	<b>Candlelight Yoga</b> 7:45-9pm	<b>Indoor Cycling</b> 6:15-7pm			
			<b>Yoga</b> 6:30-7:45pm			



### SOUTH SURREY RECREATION & ARTS CENTRE

14601 20 Avenue 604-592-6970

EFFECTIVE DATE: March 31-April 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Bootcamp</b> 8-9am	<b>Cycle &amp; Strength</b> 6:15-7:15am	<b>Body Sculpt</b> 8-9am	<b>Bootcamp</b> 6:15-7:00am	<b>Body Sculpt</b> 8-9am	<b>Yoga</b> 8:15-9:15am	<b>Indoor Cycling</b> 8:45-9:30am
<b>Ball, Balance &amp; Strength</b> 9:15-10:15am	<b>TRX Training</b> 6:45-7:45am	<b>Step &amp; Sculpt</b> 9:15-10:15am	<b>TRX Training</b> 8-9am	<b>Cardio Kickbox</b> 9:00-10:00am	<b>Indoor Cycling</b> 9:15-10:15am	<b>Dance Fit</b> 9:30-10:30am
<b>Body Sculpt</b> 9:15-10:15am	<b>Bootcamp</b> 8-9am	<b>Zumba</b> 9:20-10:20am	<b>Cycle &amp; Strength</b> 9:15-10:15am	<b>Indoor Cycling</b> 9:15-10:00am	<b>Yoga</b> 9:30-10:30am	<b>Cycle &amp; Strength</b> 9:45-10:45am
<b>Indoor Cycling</b> 9:15-10:15am	<b>Cycle &amp; Strength</b> 9:15-10:15am	<b>Indoor Cycling</b> 9:15-10:15am	<b>Zumba</b> 9:20-10:20am	<b>Dance Fit</b> 9:15-10:15am	<b>Zumba</b> 10:45-11:45am	<b>Yoga</b> 10:45-11:45am
<b>Core Conditioning</b> 10:30-11:30am	<b>Zumba</b> 9:20-10:20am	<b>Fit 55+</b> 10:30-11:30am	<b>Body Sculpt</b> 10:30-11:30am	<b>Bootcamp</b> 10:15-11:15am		
<b>Yoga</b> 10:30-11:30am	<b>Yoga</b> 9:30-10:30am	<b>Pilates</b> 10:30-11:30am	<b>Fit 55+</b> 11:45am-12:45pm	<b>Yoga</b> 10:30-11:30am		
<b>Fit 55+</b> 11:45am-12:45pm	<b>Pilates</b> 10:30-11:30am	<b>Core Conditioning</b> 11:45am-12:45pm	<b>Fit 55+ Lite</b> 12:45-1:45pm	<b>Fit 55+</b> 11:45am-12:45pm		
<b>Chair Yoga 55+</b> 11:45am-12:45pm	<b>Fit 55+</b> 11:45am-12:45pm	<b>Chair Yoga 55+</b> 12-1pm	<b>Yoga</b> 1-2pm	<b>Chair Yoga 55+</b> 12-1pm		
<b>Indoor Cycling</b> 12-12:45pm	<b>Yoga</b> 1-2pm	<b>Pilates</b> 5:15-6:15pm	<b>TRX Training</b> 5:15-6:15pm	<b>TRX Training</b> 1-2pm		
<b>Fit 55+ Lite</b> 1-2pm	<b>Yoga</b> 3:30-4:30pm	<b>Dance Fit</b> 6:30-7:30pm	<b>Cardio Kickbox</b> 6:30-7:30pm	<b>Yoga</b> 4:30-5:30pm		
<b>Yoga</b> 1-2pm	<b>TRX Training</b> 5:15-6:15pm	<b>Yoga</b> 7:45-8:45pm	<b>Zumba</b> 6:30-7:30pm			
<b>Pilates</b> 5-6pm	<b>Zumba</b> 6:30-7:30pm					
<b>Zumba</b> 6:30-7:30pm	<b>Yoga</b> 7:45-8:45pm					
<b>Yin Yoga</b> 7:45-8:45pm						

SURREY SPORTS & LEISURE COMPLEX

#100 - 16555 Fraser Hwy 604-501-5950

EFFECTIVE DATE: Mar 31 – Apr 27 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Yoga</b> 9:15-10:15am</p> <p><b>Core Conditioning</b> 10:30-11:30am</p> <p><b>Bodysculpt</b> 5:30-6:30pm</p> <p><b>Yoga</b> 6:45-7:45pm</p>	<p><b>Functional Training</b> 9:15-10:15am</p> <p><b>Yoga</b> 10:30-11:30am</p> <p><b>Core Conditioning</b> 5:30-6:30pm</p> <p><b>Dance Fit</b> 6:45-7:45pm</p>	<p><b>Step and Sculpt</b> 8:15-9:15am</p> <p><b>Pilates</b> 9:30-10:30am</p> <p><b>Barre</b> 7:00-8:00pm</p>	<p><b>Yoga</b> 9:15-10:15am</p> <p><b>Barre</b> 10:30-11:30am</p> <p><b>Zumba</b> 6:45-7:45pm</p>	<p><b>Step and Sculpt</b> 8:15-9:15am</p> <p><b>Core Conditioning</b> 9:30-10:30am</p> <p><b>Pilates</b> 5:30-6:30pm</p>	<p><b>Functional Training</b> 9:15-10:15am</p> <p><b>Yoga</b> 10:30-11:30am</p>	<p><b>Step and Sculpt</b> 9:00-10:00am</p>