

Fitness & Weight Room Drop-in Schedule

September - December 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CENTENNIAL COMMUNITY CENTRE · 65 EAST SIXTH AVENUE · 604.777.5100							
8:20 - 9:20 am						STEP & SCULPT	PILATES
9:20 - 10:20 am	WORKOUT	CARDIO MIX	WORKOUT	CARDIO MIX	WORKOUT		
9:30 - 10:30 am						POWER YOGA	WORKOUT
10:30 - 11:30 am	CORE STRETCH		POWER YOGA		CORE STRETCH		
10:45 - 11:45 am						ZUMBA	F.I.T BODY
5:15 - 6:15 pm	F.I.T	BODY FLOW	F.I.T BODY	BODY FLOW	F.I.T		
6:20 - 7:20 pm	POWER YOGA	STRETCH	POWER YOGA	STRETCH			
6:30 - 7:30 pm					POWER YOGA		
7:25 - 8:25 pm	WORKOUT LITE	STEP MIX	ZUMBA	STEP MIX			
QUEENSBOROUGH COMMUNITY CENTRE · 920 EWEN AVENUE · 604.525.7388							
9:00 - 10:00 am		NORDIC WALKING (50+)					
9:15 - 10:15 am	STRETCH & STRENGTH (50+)		GENTLE CARDIO (50+)				PILATES MAT
6:30 - 7:30 pm	TBC BOOT CAMP		F.I.T		ZUMBA		
7:30 - 8:30 pm		BOLLYX					
7:45 - 8:45 pm	HATHA YOGA	HATHA YOGA					
CENTURY HOUSE (50+ YEARS) · 620 EIGHTH STREET · 604.519.1066							
9:00 am - 2:30 pm	EXERCISE ROOM	EXERCISE ROOM	EXERCISE ROOM	EXERCISE ROOM	EXERCISE ROOM		
9:30 - 10:30 am	WORKOUT	STRENGTH & STRETCH	WORKOUT	WORKOUT	STRENGTH & STRETCH		
10:45 - 11:45 am	YOGA	YOGA	YOGA				
11:00 am - 12:00 pm	LIGHT EXERCISE		TONING		TONING		

PLEASE NOTE: All classes are subject to change. For the latest updates please visit newwestcity.ca/rec.

Weight Room

FACILITY	MONDAY - FRIDAY	SATURDAY	SUNDAY
CANADA GAMES POOL (closed Sep 3-17)	5:30 am - 9:55 pm	8:00 am - 8:25 pm	8:00 am - 9:55 pm
CENTURY HOUSE	9:00 am - 2:30 pm		
QUEENSBOROUGH COMMUNITY CENTRE	7:00 am - 9:30 pm	8:30 am - 5:30 pm	8:30 am - 8:30 pm

Fitness Classes & Weight Room Drop-in Fees

Youth (13 - 18 years)	\$4.25
Adult (19 - 64 years)	\$6.25
Senior (65+ years)	\$4.50
Century House (50+ years)	\$4.50, \$36.00/10

Children under 13 years are not permitted in Weight Rooms and most fitness classes. See drop-in class descriptions online or in the Active Living Guide for age restrictions.

Childminding Service (1 month - 5 years)

See shaded drop-in classes for availability or times below.

Available for parents participating in a program at Canada Games Pool or Centennial Community Centre. Your child will receive expert care, play with great toys and meet new friends. Children are not allowed in the gym during fitness classes. Call for details: 604.777.5100

Monday - Friday	9:15 - 11:30 am & 5:00 - 7:00 pm
Saturday & Sunday	8:15 am - 12:00 pm
Drop-in Fee:	\$5.00, \$40.00 for 10 hours