

# TRY IT!

## Drop-in Schedule

Each season we offer new opportunities for you to enjoy at a "Try It!" rate.  
Drop-in Fee: \$2.00 / session

<b>FITNESS CENTRES (open to participants 15+ years) - Effective January 19, 2022</b>				
Queensborough Fitness Centre	Monday	2:00 - 5:00 pm	Queensborough Community Centre	604.525.7388
	Friday	2:00 - 5:00 pm		
<b>GROUP FITNESS CLASSES (open to participants 14+ years) - Effective January 19, 2022</b>				
Cycle	Friday	5:30 - 6:25 pm	Centennial Community Centre	604.777.5100
Zumba	Friday	6:30 - 7:30 pm		
Interval Training	Wednesday	5:15 - 6:15 pm		
	Saturday	9:15 - 10:15 am		
Zumba	Tuesday	6:30 - 7:30 pm	Queensborough Community Centre	604.525.7388
Interval Training	Thursday	9:15 - 10:15 am		
TBC Bootcamp	Sunday	8:30 - 9:30 am		
<b>GYMNASTICS &amp; TRAMPOLINE - Effective January 2, 2022</b>				
Motoring Munchkins	Friday	12:00 - 2:00 pm	Queen's Park Sportsplex	604.777.5121
Family Gymnastics	Tuesday	6:30 - 8:00 pm		
Youth & Adult Gymnastics & Trampoline	Wednesday	8:00 - 9:30 pm		
Schedules are subject to change. For up-to-date schedules please visit <a href="http://newwestcity.ca/dropin">newwestcity.ca/dropin</a>				

### What to know before you go:

Stay up-to-date with participation requirements: [newwestcity.ca/what-to-know](http://newwestcity.ca/what-to-know).