

FITNESS RESERVED DROP-IN SCHEDULE

14+ years • Effective January 11, 2021

CENTENNIAL COMMUNITY CENTRE • 65 EAST SIXTH AVENUE • 604.777.5100						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength, Stability & Stretch 9:15 - 10:15 am <i>Sandy</i>	Strength, Stability & Stretch 9:15 - 10:15 am <i>Lori</i>	Strength, Stability & Stretch 9:15 - 10:15 am <i>Sandy</i>	Strength, Stability & Stretch 9:15 - 10:15 am <i>Lori</i>	Strength, Stability & Stretch 9:15 - 10:15 am <i>Sandy</i>	Yoga 9:30 - 10:30 am <i>Lori</i>	Pilates 8:00 - 9:00 am <i>Brian</i> Value Class \$2.00
Yoga 6:30 - 7:30 pm <i>Tami</i>	Body Flow 5:30 - 6:30 pm <i>Brenda</i>	Yoga 6:30 - 7:30 pm <i>Tami</i>	Body Flow 5:30 - 6:30 pm <i>Brenda</i>	Yoga 5:30 - 6:30 pm <i>Brenda</i>		Strength, Stability & Stretch 9:30 - 10:30 am <i>Sandy</i>
	Stretch 7:00 - 8:00 pm <i>Sandy</i>		Stretch 7:00 - 8:00 pm <i>Sandy</i>			
QUEENSBOROUGH COMMUNITY CENTRE • 920 EWEN AVENUE • 605.525.7388						
Strength & Stretch 9:15 - 10:15 am <i>Gillian</i>		Strength & Stretch 9:15 - 10:15 am <i>Gillian</i>				Strength & Stretch 9:15 - 10:15 am <i>Janice</i>
Hatha Yoga 7:30 - 8:30 pm <i>Judy</i>		Strength & Stretch 6:30 - 7:30 pm <i>John</i> Value Class \$2.00				
\$2.00 Value Classes - Try something new this year!			Schedule is subject to change. Visit newwestcity.ca/rec for updates.			
Reserve Drop-in Online: newwestcity.ca/dropin						

Class Descriptions:

Strength, Stability & Stretch

Just the right mix of core strengthening, body conditioning and flexibility through a creative blend of exercises using light resistance equipment.

Yoga

Includes poses that promote body, mind and breathing awareness.

Body Flow

An energizing fusion of total body conditioning and Yoga.

Pilates

A Pilates-based mat workout that connects breath focus and awareness to exercises designed to work on core strength, endurance and flexibility.

Strength & Stretch

Includes body weight exercises and the use of light resistance equipment followed by an extended, relaxing stretch.

What to know before you go:

- Reservations are required for all Group Fitness classes. Reserve online or call the facility of interest during operating hours to book.
- New Westminster residents may reserve a class three days prior to the activity date (two days in advance for non-residents). Limit of one reservation per day.
- Class cancellations must be made with 24 hours' notice to receive a refund. Please call to cancel.
- Arrive 5 minutes before start of scheduled class. Latecomers will not be admitted.
- Please come dressed to participate and bring your own mat, towel and pre-filled water bottle. No access to change rooms or showers and washrooms are limited.
- Follow all facility signage and staff direction.
- Please maintain a 2-metre distance or more between yourself and others at all times.
- Promptly exit the facility after your activity.
- Always exercise at your own level and have fun!