



Scan for the most up-to-date schedule

SOUTH-WEST COQUITLAM

Fall 2021

Starting Sept. 7

# Drop-In Fitness



Use your ONE PASS to drop-in to any of these fitness classes!

## MONDAY

**PSLC** ② Group Ride  
\*8 – 9 a.m.

**DW** ② Fit 360  
9:30 – 10:30 a.m.

**PSLC** ② NRG Circuit  
9:30 – 10:30 a.m.

**DW** ① Body Basics  
10:45 – 11:45 a.m.

**PSLC** ② Zumba®  
10:45 – 11:45 a.m.

**PSLC** ② Group Ride  
\*6 – 6:45 p.m.

**PSLC** ② Pilates  
6 – 7 p.m.

**PSLC** ③ Ramp'd Up Reps  
7:15 – 8:15 p.m.

**PSLC** ② Hatha Yoga  
7:45 – 9 p.m.

## TUESDAY

**PSLC** ② Iron & HIIT  
6:15 – 7 a.m.

**DW** ① Zumba® Gold  
9 – 10 a.m.

**PSLC** ② Group Ride  
\*9:30 – 10:30 a.m.

**PSLC** ② Vinyasa Flow  
9:30 – 10:30 a.m.

**PSLC** ① Body Basics  
10:45 – 11:45 a.m.

**DW** ① Low Impact  
11:30 a.m. – 12:30 p.m.

**PSLC** ② Zumba®  
6 – 7 p.m.

**PSLC** ③ Iron & HIIT  
6 – 7 p.m.

**PSLC** ② Group Ride  
\*6 – 6:45 p.m.

**PSLC** ② Group Ride  
\*7 – 7:45 p.m.

**PSLC** ② Hatha Yoga  
7:15 – 8:15 p.m.

**PSLC** ② Zumba® Step  
7:15 – 8:15 p.m.

## WEDNESDAY

**PSLC** ② Group Ride  
\*8 – 8:45 a.m.

**PSLC** ② Cardio Core Conditioning  
9:30 – 10:30 a.m.

**DW** ① Low Impact  
9:30 – 10:30 a.m.

**DW** ① Gentle Impact  
4 Healthy Bones  
10:45 – 11:45 a.m.

**PSLC** ② Hatha Yoga  
10:45 a.m. – 12 p.m.

**PSLC** ② Fit 360  
6 – 7 p.m.

**PSLC** ② Group Ride  
\*6 – 6:45 p.m.

**PSLC** ③ Level 3  
Boot Camp  
7:15 – 8:15 p.m.

**PSLC** ② Vinyasa Yoga  
8:30 – 9:30 p.m.

## THURSDAY

**PSLC** ③ Ramp'd Up Reps  
6:15 – 7 a.m.

**DW** ① Zumba® Gold  
9 – 10 a.m.

**PSLC** ② Group Ride  
\*9:30 – 10:30 a.m.

**PSLC** ② Vinyasa Flow  
9:30 – 10:30 a.m.

**DW** ① Low Impact  
11:30 a.m. – 12:30 p.m.

**PCC** ② Hatha Yoga  
12:45 – 1:45 p.m.

**PSLC** ③ Iron & HIIT  
6 – 7 p.m.

**PSLC** ② Group Ride  
\*6 – 6:45 p.m.

**PSLC** ② Group Ride  
\*7 – 7:45 p.m.

**PSLC** ② Pilates  
7:15 – 8:15 p.m.

**PSLC** ② Zumba®  
7:15 – 8:15 p.m.

## FRIDAY

**PSLC** ② Group Ride  
\*8 – 8:45 a.m.

**DW** ① Body Basics  
9:30 – 10:30 a.m.

**PSLC** ② Step Remix  
9:30 – 10:30 a.m.

**PSLC** ② Pilates  
10:45 – 11:45 a.m.

**DW** ① Essentrics  
1 – 2 p.m.

**PSLC** ③ Level 3  
Boot Camp  
5:45 – 6:45 p.m.

## SATURDAY

**PSLC** ② Group Ride  
\*8:30 – 9:15 a.m.

**DW** ① Low Impact  
9:30 – 10:30 a.m.

**PSLC** ② POUND®  
10:45 – 11:45 a.m.

**PSLC** ② Zumba® Toning  
12 – 1 p.m.

## SUNDAY

**PSLC** ② Vinyasa Flow  
9 – 10 a.m.

Last updated Sept. 9, 2021

Ask at the front desk about our Aqua Fit classes

### Class Intensity Level

- ① Absolute Beginner
- ② All Levels
- ③ Challenge Yourself

**DW** Dogwood Pavilion  
1655 Winslow Avenue

**PCC** Poirier Community Centre  
630 Poirier Street

**PSLC** Poirier Sport and Leisure Complex  
633 Poirier Street

\* Pre-registration is required for this program.  
Schedule subject to change without notice.