

DROP-IN FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POIRIER SPORT & LEISURE COMPLEX						
<p>Cycle Fit 6:15 – 7 a.m.</p> <p>AquaFit 6:30 – 7:30 a.m.</p> <p>NRG Circuit 8:30 – 9:15 a.m.</p> <p>AquaFit Plus 9:30 – 10:30 a.m.</p> <p>Cycle Fit 9:30 – 10:30 a.m.</p> <p>Deep Water AquaFit 9:30 – 10:30 a.m.</p> <p>Step 9:30 – 10:30 a.m.</p> <p>Gentle AquaFit 10:35 – 11:35 a.m.</p> <p>Zumba® 10:45 – 11:45 a.m.</p> <p>B.A.R.E. Conditioning 5:45 – 6:45 p.m.</p> <p>Cycle Fit 6 – 6:45 p.m.</p> <p>Pilates 6 – 7 p.m.</p> <p>Cycle Fit 7 – 7:45 p.m.</p> <p>Fit 360° 7 – 8 p.m.</p> <p>Yoga: Hatha 7:30 – 9 p.m.</p>	<p>B.A.R.E. Conditioning 6:15 – 7 a.m.</p> <p>Adaptive Aqua Motion 9:30 – 10:30 a.m.</p> <p>Cycle Fit 9:30 – 10:15 a.m.</p> <p>Yoga: Hatha 9:30 – 10:30 a.m.</p> <p>NRG Circuit 10:45 – 11:30 a.m.</p> <p>AquaFit 12 – 1 p.m.</p> <p>Cardio Kick 6 – 7 p.m.</p> <p>Cycle Fit 6:15 – 7 p.m.</p> <p>HIIT Boot Camp 7:15 – 8:15 p.m.</p> <p>AquaFit Plus 8:30 – 9:30 p.m.</p> <p>Deep Water AquaFit 8:30 – 9:30 p.m.</p> <p>Pilates: Challenge 8:30 – 9:30 p.m.</p>	<p>Cycle Fit 6:15 – 7 a.m.</p> <p>AquaFit 6:30 – 7:30 a.m.</p> <p>Fit 360° 8:30 – 9:15 a.m.</p> <p>AquaFit Plus 9:30 – 10:30 a.m.</p> <p>Cycle Fit 9:30 – 10:30 a.m.</p> <p>Deep Water AquaFit 9:30 – 10:30 a.m.</p> <p>STRONG by Zumba® 9:30 – 10:30 a.m.</p> <p>Gentle AquaFit 10:35 – 11:35 a.m.</p> <p>Yoga: Hatha 10:45 a.m. – 12 p.m.</p> <p>TRX Boot Camp 5:30 – 6:30 p.m.</p> <p>Cycle Fit 6 – 6:45 p.m.</p> <p>Zumba® 6:30 – 7:30 p.m.</p> <p>Cycle Fit 7 – 7:45 p.m.</p> <p>POUND® 7 – 8 p.m.</p>	<p>HIIT Boot Camp 6:15 – 7 a.m.</p> <p>Cycle Fit 8:30 – 9:15 a.m.</p> <p>Gentle AquaFit 9:30 – 10:30 a.m.</p> <p>Yoga: Hatha 9:30 – 10:30 a.m.</p> <p>Fit 360° 10:45 – 11:30 a.m.</p> <p>AquaFit 12 – 1 p.m.</p> <p>TRX Boot Camp 5:45 – 6:45 p.m.</p> <p>Zumba® 6:30 – 7:30 p.m.</p> <p>HIIT Boot Camp 7:15 – 8:15 p.m.</p> <p>Cycle Fit 7 – 7:45 p.m.</p> <p>Yoga: Hatha 7:45 – 9 p.m.</p> <p>AquaFit Plus 8:30 – 9:30 p.m.</p> <p>Deep Water AquaFit 8:30 – 9:30 p.m.</p>	<p>AquaFit 6:30 – 7:30 a.m.</p> <p>Fit 360° 8:30 – 9:15 a.m.</p> <p>AquaFit Plus 9:30 – 10:30 a.m.</p> <p>Cycle Fit 9:30 – 10:15 a.m.</p> <p>Deep Water AquaFit 9:30 – 10:30 a.m.</p> <p>NRG Circuit 9:30 – 10:30 a.m.</p> <p>Gentle AquaFit 10:35 – 11:35 a.m.</p> <p>Yoga: Hatha 10:45 a.m. – 12 p.m.</p> <p>B.A.R.E. Conditioning 5:45 – 6:45 p.m.</p>	<p>Cycle Fit 9 – 9:45 a.m.</p> <p>Low Impact 9:30 – 10:30 a.m.</p> <p>POUND® 10:45 – 11:45 a.m.</p> <p>Zumba® 12 – 1 p.m.</p> <p>Yoga: Hatha 1:15 – 2:15 p.m.</p>	<p>Cycle Fit: Beginner 8:45 – 9:30 a.m.</p> <p>HIIT Boot Camp 9 – 10 a.m.</p> <p>Yoga: Family 3 – 4 p.m.</p> <p>Yoga: Hatha 4 – 5:30 p.m.</p>
CITY CENTRE AQUATIC COMPLEX						
<p>Waterworks 6:45 – 7:45 a.m.</p> <p>Gentle AquaFit 9 – 10 a.m.</p> <p>Boot Camp: Foundations 9:30 – 10:30 a.m.</p> <p>Deep Water AquaFit 9:30 – 10:30 a.m.</p> <p>AquaFit Plus 9:45 – 10:45 a.m.</p> <p>Yoga: Hatha 12 – 1 p.m.</p> <p>AquaFit 1:30 – 2:30 p.m.</p> <p>POUND® 5:30 – 6:30 p.m.</p> <p>B.A.R.E. Conditioning 6:45 – 7:45 p.m.</p> <p>AquaFit Plus 7:45 – 8:45 p.m.</p> <p>Yoga: Fusion 8:15 – 9:15 p.m.</p>	<p>Waterworks 9 – 10 a.m.</p> <p>Fit 360° 9:30 – 10:30 a.m.</p> <p>Water Running 9:30 – 10:30 a.m.</p> <p>AquaFit 9:45 – 10:45 a.m.</p> <p>Yoga: Hatha 12 – 1 p.m.</p> <p>AquaFit 12 – 1 p.m.</p> <p>Pilates 6:45 – 7:45 p.m.</p> <p>Deep Water AquaFit 8 – 9 p.m.</p> <p>Zumba® Step 8 – 9 p.m.</p>	<p>Waterworks 6:45 – 7:45 a.m.</p> <p>Gentle AquaFit 9 – 10 a.m.</p> <p>Deep Water AquaFit 9:30 – 10:30 a.m.</p> <p>Tabata Training 9:30 – 10:30 a.m.</p> <p>AquaFit Plus 9:45 – 10:45 a.m.</p> <p>AquaFit 1:30 – 2:30 p.m.</p> <p>Aqua Boot Camp 7:45 – 8:45 p.m.</p>	<p>Waterworks 9 – 10 a.m.</p> <p>NRG Circuit 9:30 – 10:30 a.m.</p> <p>Water Running 9:30 – 10:30 a.m.</p> <p>AquaFit 9:45 – 10:45 a.m.</p> <p>Yoga: Hatha 12 – 1 p.m.</p> <p>AquaFit 12 – 1 p.m.</p> <p>Cardio Core Conditioning 6:45 – 7:45 p.m.</p> <p>Water Running 8 – 9 p.m.</p> <p>Pilates: Challenge 8 – 9 p.m.</p>	<p>Waterworks 6:45 – 7:45 a.m.</p> <p>Gentle AquaFit 9 – 10 a.m.</p> <p>Deep Water AquaFit 9:30 – 10:30 a.m.</p> <p>Zumba® 9:30 – 10:30 a.m.</p> <p>AquaFit Plus 9:45 – 10:45 a.m.</p> <p>AquaFit 1:30 – 2:30 p.m.</p> <p>AquaFit Plus 7:45 – 8:45 p.m.</p>	<p>Boot Camp: Foundations 9 – 10 a.m.</p> <p>AquaFit Plus 9:30 – 10:30 a.m.</p>	<p>Deep Water AquaFit 9:30 – 10:30 a.m.</p>

Last updated: April 17, 2019

NOTE: Schedule subject to change without notice. Contact the facility for a confirmed schedule. Look for revised stat holiday schedules at each facility. Drop-in Fitness Class Cards are available for pick up 30 minutes prior to fitness classes.

Poirier Sport and Leisure Complex annual facility shut-down June 3 – 9, no classes taking place during these dates.

Victoria Community Hall maintenance closure Aug. 26 – Sept. 2, no classes taking place during these dates.

Classes are open to those 13 yrs and up, unless otherwise noted.

Teens (13 – 15 yrs) MUST take the Youth Fitness Orientation to work out in the fitness centre or attend drop-in classes. Please preregister in person, online or over the phone. Cost \$2.00. Find details at coquitlam.ca/fitness.

DROP-IN FITNESS CLASS DESCRIPTIONS

All fitness classes are for 13 yrs +, unless otherwise noted. Teens 13 – 15 yrs MUST complete a fitness orientation prior to working out.



Use your **ONE PASS** to drop-in to these fitness classes. Schedules available online at coquitlam.ca/fitness and in facilities. More drop-ins available this season than ever before!



AQUA FIT

Adaptive Aqua Motion

An exercise program designed for individuals looking to increase their functional abilities. Participants are encouraged to bring an attendant.

AquaFit

A low impact, shallow water based aquatic workout enhancing muscle tone, balance and strength with an emphasis on cardio.

AquaFit Plus

An enhanced version of AquaFit with cardio-based intervals to take the intensity up. Enjoy all the benefits of the water and push harder in this 60 minute class.

Aqua Boot Camp

High energy aquatic based boot camp with a mixture of intervals and high intensity movements utilizing 360 degree resistance without the impact of land!

Deep Water AquaFit

A vigorous cardio based workout with the use of a buoyancy belt, maximizing full resistance of the water in a variety of movement patterns. Participants must be comfortable in deep water.

Gentle AquaFit

A lighter version of Aquafit for individuals looking to increase mobility, muscular and/or cardiovascular strength.

Water Works

Developed by the Arthritis Society for those with limited mobility and/or joint pain.

Water Running

The total body burn! A full-body intense workout in a weightless environment. Challenge your cardiovascular fitness and improve strength and flexibility without the impact.

CARDIO/STRENGTH

Cardio Core Conditioning

Get your heart rate up and sweat pumping while targeting the core.

Fit 360°

Your complete 360 degree fitness class incorporates a full-body workout. Expect a diverse experience utilizing a variety of equipment with high energy cardio routines.

Low Impact

A complete body workout focusing on low impact movement patterns aimed to increase cardiovascular and strength endurance.

NRG Circuit

Intervals are used to boost your energy (NRG)! This circuit style class combines cardio, balance, core and strength training in a well-paced environment.

POUND®

Cardio with drumming! Holding lightly weighted drumsticks you will challenge your body with athletic movements all choreographed to the beat. This class is rebellious, loud and energetic



Step

A classic! All the choreographed patterns with the use of a step platform for the ultimate cardio experience.

STRONG by Zumba®

Looking for a high intensity boot camp class! think squats, burpees, lunges all to the beat of DJ-inspired music.

Tabata Training

Maximize your results with the Tabata style training approach. Think all-out effort followed by active rest to jumpstart your caloric burn and intensify your training experience.

CYCLE

Cycle Fit

Saddle up! Our instructors will take you on a ride with intense drills which may include tabata, visualizations, hills and sprints. Cycle fit is always low impact with maximum benefits!



Cycle Fit: Beginner

Break into the world of group cycle! A slower paced class incorporating all elements of Cycle Fit building your technique for the perfect ride.

Cycle & Sculpt

The best of both worlds! A great cardiovascular workout followed by resistance training off the bike.

DANCE

Belly Dance

Explore this ancient art form of core conditioning. This class provides a creative way to be physically active with emphasis on movements of the torso.

Dance4One

All genres dance and music inspired workout to upbeat Latin, Ballroom classics and popular tunes. Beginner and intermediate levels available.

Zumba®

Ditch the workout, Join the Party! International rhythms and easy-to-follow moves create a one-of-a kind fitness experience for the dance lover.

Zumba® Gold

For active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

Zumba® Step

Take your Zumba experience to the next level with the added challenge of a step platform!

more classes →

Levels of Intensity

ABSOLUTE BEGINNER

ALL LEVELS

CHALLENGE YOURSELF

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STRENGTH/RESISTANCE

B.A.R.E. Conditioning

Body Weight. Athletics. Resistance. Endurance Training.

We are equipped for high intensity fitness right here, right now! B.A.R.E brings fitness back to the basics with strength and conditioning using our own body weight. Build and tone a strong body with foundational movements that can be done in a variety of environments with minimal equipment. Sweat, squat, lunge and climb your way to a stronger you!

Body Toning

Full body workout, adaptive training to develop core strength, balance and endurance, ending with a complete stretch

Boot Camp: Foundations

A mix of dynamic, multi-muscle compound movements in a boot camp style format for a full-body workout.

HIIT Boot Camp

Full body workout in a classic boot camp format with power and plyometric movements. Brace yourself



for an intense train!

Level 3

Challenge yourself! Level 3 is an athletic-based workout that combines resistance, intervals, power and endurance. This class offers a total body workout using battle ropes, bands and more. Get ready to make some serious waves!

TRX Boot Camp

TRX is a suspension training system developed to tone and strengthen all major muscles. This class will flow through boot camp style movements and conditioning on the suspension trainers. Limited space.



YOGA/PILATES/STRETCH

Pilates

Stretch your entire body using specific movements with emphasis on strengthening the muscles of the core in a low impact environment.

Pilates Challenge

Elevate your Pilates experience to the ultimate body sculpting workout. Some Pilates experience in necessary for proper muscle engagement and body alignment.

Yoga 4 Health

For those who are familiar with the progressions of basic hatha postures and are looking to deepen their practice.

Yoga: Deep Stretch Yin

A slower paced yoga class suitable for everyone. Postures are held for a longer period of time to target deep connective tissues in the body.

Yoga: Family (7 yrs +)

Increase your flexibility and balance with your family! Together you will learn primary yoga poses in a fun, friendly environment.



SPECIALTY CLASSES

Essentrics

A combination of Tai Chi, ballet and the healing principles of physiotherapy in a full body workout. Suitable for all ages and abilities with a few easy modifications.

Gentle Impact 4 Healthy Bones

Improve strength, posture, balance and agility through the use of functional exercises, resistance training and appropriate stretches. Great for those with osteoporosis.

Jointworks

Developed by the Arthritis Society, strive to mobilize, strengthen and increase your fitness level. Choose to stand or sit during this exercise class.

Meditation Practice

A short meditation to compliment your yoga practice.

Tai Chi/Qigong

This gentle class focuses on flowing movements performed in a slow, focused manner and accompanies deep breathing. Tai Chi cultivates life energy within us and encourages powerful purposeful movement.

Yoga: Fusion

Stabilize, mobilize and increase mind body connection through a combination of yoga postures and core based exercises.

Yoga: Hatha

Experience the power, peace and strength of yoga to harmonize your mind, body and spirit. This class focuses on classic yoga postures.

Yoga: Hatha Beginner

A great place to start your yoga practice and experience benefits of stress relief, strength and flexibility. Classic poses are taught with modifications as needed.