

LONG WEEKEND DROP-IN FITNESS

Remembrance Day
Nov. 11, 2018

SATURDAY
November 10, 2018

SUNDAY
November 11, 2018

MONDAY
November 12, 2018

POIRIER SPORT & LEISURE COMPLEX

Cycle Fit
9 – 9:45 a.m.

Zumba
12 – 1 p.m.

Beginner Cycle
8:45 – 9:30 a.m.

HIIT Boot Camp
9 – 10 a.m.

Family Yoga
3 – 4 p.m.

Hatha Yoga
4 – 5:30 p.m.

[Regular Drop-In Fitness Schedule](#)

CITY CENTRE AQUATIC COMPLEX

Boot Camp: Foundations
9 – 10 a.m.

No classes running

[Regular Drop-In Fitness Schedule](#)

GLEN PINE PAVILION

Fit 360°
9:15 – 10:15 a.m.

Zumba®
10:30 – 11:30 a.m.

Tai Chi
11:45 a.m. – 12:45 p.m.

Yoga: Hatha Beginner
1:45 – 3 p.m.

No classes running facilities closed

Pilates
9 – 10 a.m.

Fit 360°
10:15 – 11:15 a.m.

Gentle Impact
4 Healthy Bones
11:30 a.m. – 12:30 p.m.

Yoga: Deep Stretch Yin
6 – 7:30 p.m.

Essentrics
7:45 – 8:45 p.m.

DOGWOOD PAVILION / PINETREE COMMUNITY CENTRE / SMILING CREEK / SUMMIT COMMUNITY CENTRE / VICTORIA COMMUNITY HALL

No classes running

No classes running facilities closed

[Regular Drop-In Fitness Schedule](#)
*Summit Community Centre &
Dogwood Pavilion will be closed*

Last updated Nov. 1, 2018

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. 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.