

All Fitness Drop-In Schedules as of September 18, 2019

Monday			
Class/Facility	Date/Time	Age	Instructor(s)
Masters Swim 2 Ron Andrews Community Recreation Centre - Lane 1	Sep 18 - Dec 30 5:30am - 6:30am	13yrs+	David F
Masters Swim 2 Harry Jerome Community Recreation Centre - Lane 2	Sep 18 - Dec 30 6:00am - 7:00am	13yrs+	Khosro M
Spin Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 23 - Dec 30 6:30am - 7:30am	13yrs+	Fitness Instructor
Bring a towel and water bottle! No class Sept 2			
Cardiac Rehab Phase 3 & 4 Memorial Community Recreation Centre - Capilano Room	Sep 18 - Dec 30 7:00am - 8:30am	30yrs+	Fitness Instructor
Cardiac Rehab Phase 3 & 4 Parkgate Community Centre - Fitness Centre	Sep 18 - Dec 30 7:30am - 8:30am	30yrs+	Fitness Instructor
NO CLASS SEPT 2			
Aquafit Shallow Ron Andrews Community Recreation Centre - Tank Deep B	Sep 23 - Dec 30 8:00am - 9:00am	13yrs+	Fitness Instructor
Cardiac Rehab Phase 3 & 4 John Braithwaite Community Centre - Harbourview Room	Sep 18 - Dec 23 8:00am - 10:00am	30yrs+	Kerstin Y
Must have a Specialty Membership to Drop in			
Circuit 1 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 18 - Dec 30 8:00am - 9:00am	50yrs+	Madeline M
Masters Swim 1 Harry Jerome Community Recreation Centre - 4 Lanes	Sep 18 - Dec 30 8:00am - 9:00am	13yrs+	Fitness Instructor
Cardio 1 Parkgate Community Centre - Gymnasium	Sep 23 - Dec 30 9:00am - 10:00am	13yrs+	Mehrnoush A

Quadrants AB

No class Monday October 21.

AquaFit Shallow Harry Jerome Community Recreation Centre - 4 Lanes	Sep 23 - Dec 30 9:05am - 10:05am	13yrs+	Fitness Instructor
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Cardio Kickboxing Parkgate Community Centre - Large Multi Purpose	Sep 23 - Dec 30 9:05am - 10:05am	13yrs+	Ashifa S
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Cardio 2 John Braithwaite Community Centre - Shoreline	Sep 23 - Dec 30 9:15am - 10:15am	13yrs+	1 - Christine Poole
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Circuit 1 Karen Magnussen Community Recreation Centre - Fitness Centre	Sep 23 - Dec 30 10:00am - 11:00am	50yrs+	Steve W
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Masters Swim 2 Ron Andrews Community Recreation Centre - Lane 1	Sep 18 - Dec 30 10:00am - 11:00am	13yrs+	Fitness Instructor
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Stretch Flow Parkgate Community Centre - Gymnasium	Sep 23 - Dec 30 10:00am - 10:30am	50yrs+	Mehrnoush A
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(30 minutes), No class Monday October 21.

Cardio 1 Parkgate Community Centre - Gymnasium Quadrants AB	Sep 23 - Dec 30 10:30am - 11:30am	13yrs+	Mehrnoush A
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No class Monday October 21.

Circuit 1 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 18 - Dec 30 10:30am - 11:30am	50yrs+	Madeline M
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Movement and Mobility 1 Parkgate Community Centre - Large Multi Purpose	Sep 18 - Dec 23 10:30am - 11:30am	50yrs+	Rose L
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NO CLASS SEPT 2

Cardiac Rehab Phase 3 & 4 Ron Andrews Community Recreation Centre - Fitness Centre	Sep 18 - Dec 30 1:00pm - 2:15pm	50yrs+	Fitness Instructor
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Circuit 1 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 18 - Dec 30 1:30pm - 2:30pm	50yrs+	Colleen E
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Cardio 3 Memorial Community Recreation Centre - Capilano Room	Sep 23 - Dec 30 5:10pm - 6:20pm	13yrs+	Fitness Instructor
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No class Sept 2nd

Stretch Flow Parkgate Community Centre - Large Multi	Sep 23 - Dec 30 6:00pm - 7:00pm	13yrs+	Penny S
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Purpose

NO CLASS SEPT 2

Masters Swim 2
 Ron Andrews Community Recreation Centre - Lane 1
 Sep 18 - Dec 30
 7:30pm - 8:30pm
 15yrs+ | Fitness Instructor

Masters Swim 2
 Delbrook Community Recreation Centre - 4 Lanes
 Sep 18 - Dec 30
 8:00am - 9:15am
 yrs+ | John M

Cardio 3
 Delbrook Community Recreation Centre - Ash Room
 Sep 23 - Dec 30
 7:15am - 8:15am
 13yrs+ | Diana C

Movement & Mobility 3
 Delbrook Community Recreation Centre - Maple Room
 Sep 23 - Dec 30
 7:30am - 8:30am
 25yrs+ | Barbara P

Cardio 1
 Delbrook Community Recreation Centre - Ash Room
 Sep 23 - Dec 30
 8:30am - 9:30am
 yrs+ | Elena V

Yoga Inspired Stretching
 North Shore Neighbourhood House - NSNH Gym
 Sep 23 - Nov 25
 9:15am - 10:15am
 13yrs+ | Kelly L

No class on Stat holiday

Muscle Fusion 2
 Delbrook Community Recreation Centre - Ash Room
 Sep 23 - Dec 30
 9:40am - 10:40am
 13yrs+ | Louise P

Aquafit Deep
 Delbrook Community Recreation Centre - 4 Lanes
 Sep 23 - Dec 30
 10:00am - 11:00am
 15yrs+ | Mary Jane P

Movement and Mobility 2
 Delbrook Community Recreation Centre - Ash Room
 Sep 23 - Dec 30
 10:50am - 11:50am
 50yrs+ | Louise P

Aquafit Interval
 Delbrook Community Recreation Centre - 4 Lanes
 Sep 23 - Dec 30
 11:00am - 12:00pm
 15yrs+ | Mary Jane P

Keep Well
 Delbrook Community Recreation Centre - Arbutus Room
 Sep 23 - Dec 30
 11:00am - 12:45pm
 25yrs+ | Fitness Instructor

Run by Keep Well Society (Capilano Community Services)

Yoga Fusion
 Delbrook Community Recreation Centre - Maple Room
 Sep 23 - Dec 30
 12:00pm - 12:45pm
 13yrs+ | Kelly L

No class on: Mon, Sept 2 and Move to: Ash Room (lower floor) on Mon, Sept 9

Step 1
 Memorial Community Recreation Centre - Gymnasium
 Sep 23 - Dec 30
 12:10pm - 12:50pm
 yrs+ | Sally D

Muscle Fusion 2 Delbrook Community Recreation Centre - Ash Room	Sep 23 - Dec 30 5:30pm - 6:30pm	13yrs+	Diana C
NO CLASS ON: Mon, Aug 5 due to stat holiday.			
Yoga Fusion Delbrook Community Recreation Centre - Maple Room	Sep 23 - Dec 30 5:30pm - 6:30pm	13yrs+	Brigitte L
Stretch Flow (75 min) Ron Andrews Community Recreation Centre - Windsor Room	Sep 23 - Dec 30 6:15pm - 7:30pm	13yrs+	Annie M
No class Sep 2			
Cardio Kick Boxing	Sep 23, 2019 - Sep 7, 2020 7:00pm - 8:00pm	13yrs+	1 - Christine Poole
no classes no statutory Mondays			
Yoga Fusion Delbrook Community Recreation Centre - Maple Room	Sep 23 - Dec 30 7:00pm - 8:00pm	13yrs+	Yvette B
Aquafit Deep Delbrook Community Recreation Centre - 4 Lanes	Sep 23 - Dec 30 7:30pm - 8:30pm	15yrs+	Miranda G
Muscle Fusion 2 Lynn Valley Community Recreation Centre - Cardinal Hall	Sep 23 - Dec 30 8:45am - 9:45am	13yrs+	Rhonda K.
Bootcamp 3 John Braithwaite Community Centre - Shoreline	Sep 23 - Dec 30 12:10pm - 12:55pm	13yrs+	TBA TBA
Aquafit Shallow Karen Magnussen Community Recreation Centre - Wave Pool	Sep 30 - Dec 30 8:00am - 9:00am	13yrs+	Fitness Instructor
Exercise for Range of Motion Level 1 Karen Magnussen Community Recreation Centre - Games Pool	Sep 30 - Dec 30 10:30am - 11:30am	30yrs+	Fitness Instructor
Cardiac Rehab Phase 3 & 4 John Braithwaite Community Centre - Harbourview Room	Jan 3 - Mar 30, 2020 8:00am - 10:00am	30yrs+	Kerstin Y
Must have a Specialty Membership to Drop in			

Tuesday

Class/Facility	Date/Time	Age	Instructor(s)
Masters Swim 2 Harry Jerome Community Recreation Centre - Lane 2	Sep 18 - Dec 30 6:00am - 7:00am	13yrs+	Khosro M

Circuit 1 Parkgate Community Centre - Fitness Centre	Sep 24 - Dec 31 8:30am - 9:30am	50yrs+	Lian Z.
Yoga Fusion Delbrook Community Recreation Centre - Maple Room	Sep 24 - Dec 31 7:00am - 8:00am	13yrs+	Maureen D
Aquafit Deep Ron Andrews Community Recreation Centre - 4 Lanes	Sep 24 - Dec 31 8:00am - 9:00am	13yrs+	Fitness Instructor
Aquafit Shallow Harry Jerome Community Recreation Centre - 4 Lanes	Sep 24 - Dec 31 8:00am - 9:00am	13yrs+	Fitness Instructor
Circuit 1 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 19 - Dec 31 8:00am - 9:00am	50yrs+	Steve W
Yoga Fusion	Sep 24 - Dec 31 9:00am - 10:00am	13yrs+	Fitness Instructor
Cardio 2 Ron Andrews Community Recreation Centre - Windsor Room	Sep 24 - Dec 31 9:05am - 10:05am	13yrs+	Sally D
Step Parkgate Community Centre - Large Multi Purpose	Sep 24 - Dec 31 9:05am - 10:05am	yrs+	Ashifa S
(75 minutes)			
Circuit 2 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 19 - Dec 31 9:15am - 10:15am	13yrs+	Fitness Instructor
Masters Swim 1 Ron Andrews Community Recreation Centre - Lane 1	Sep 24 - Dec 31 9:15am - 10:15am	13yrs+	Fitness Instructor
Spin Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 24 - Dec 31 9:15am - 10:15am	13yrs+	Janet L
No class Sept 10, Sept 17			
Aquafit Shallow Delbrook Community Recreation Centre - Leisure Pool Games	Sep 24 - Dec 31 10:00am - 11:00am	15yrs+	Miranda G
Movement & Mobility 3 Delbrook Community Recreation Centre - Arbutus Room	Sep 24 - Dec 31 10:10am - 11:10am	25yrs+	Christine C
Cardio 1 Memorial Community Recreation Centre - Gymnasium	Sep 24 - Dec 31 10:30am - 11:30am	13yrs+	Fitness Instructor
Cardio 1 Women's Only \$2 John Braithwaite Community Centre - Shoreline	Sep 24 - Dec 24 10:30am - 11:30am	13yrs+	Lian Z.
Circuit 1 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 19 - Dec 31 10:30am - 11:30am	50yrs+	Steve W

Adapted Aquafit Delbrook Community Recreation Centre - Leisure Pool Games	Sep 19 - Dec 31 11:00am - 11:45am	15yrs+	Annick G
Supervised Rehab Parkgate Community Centre - Fitness Centre	Sep 19 - Dec 31 11:00am - 12:00pm	16yrs+	Fitness Instructor
Muscle Fusion 2 Memorial Community Recreation Centre - Gymnasium	Sep 24 - Dec 31 12:10pm - 12:50pm	13yrs+	Fitness Instructor
Yoga Fusion John Braithwaite Community Centre - Shoreline	Sep 19 - Dec 24 12:10pm - 12:55pm	13yrs+	Glenda S
Spin Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 24 - Dec 31 12:15pm - 1:00pm	13yrs+	Fitness Instructor
Bring a towel and water bottle!			
Bootcamp 3 Delbrook Community Recreation Centre - Ash Room	Sep 24 - Dec 31 5:45pm - 6:45pm	13yrs+	Lesley P
Cardio 1 Memorial Community Recreation Centre - Capilano Room	Sep 24 - Dec 17 5:55pm - 6:55pm	13yrs+	Fitness Instructor
Cardio 3 Parkgate Community Centre - Large Multi Purpose	Sep 24 - Dec 17 6:00pm - 7:00pm	13yrs+	Kelda G.
NO Class DEC 24, DEC 31			
Spin Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 19 - Dec 19 6:00pm - 7:00pm	13yrs+	Karen H
Bring a towel and water bottle!			
Cardiac Rehab Phase 3 & 4 Memorial Community Recreation Centre - Off Cap Room	Sep 19 - Dec 19 6:30pm - 7:45pm	30yrs+	Fitness Instructor
Aquafit Deep Ron Andrews Community Recreation Centre - Tank Deep B	Sep 24 - Dec 31 7:30pm - 8:30pm	13yrs+	Fitness Instructor
Masters Swim 1 Ron Andrews Community Recreation Centre - Lane 1	Sep 24 - Dec 24 8:00am - 9:00am	13yrs+	Fitness Instructor
Bootcamp 3 Ron Andrews Community Recreation Centre - Windsor Room	Sep 24 - Dec 17 6:15am - 7:15am	13yrs+	Andrenea T
No class Sep 3			
Muscle Fusion Ball 2 Memorial Community Recreation Centre -	Sep 24 - Dec 31 8:45am - 9:45am	13yrs+	Kelly L

Gymnasium			
Aquafit Shallow Karen Magnussen Community Recreation Centre - Wave Pool	Oct 1 - Dec 31 8:00am - 9:00am	13yrs+	Fitness Instructor
Aquafit Shallow Karen Magnussen Community Recreation Centre - Wave Pool	Oct 1 - Dec 31 9:00am - 10:00am	13yrs+	Fitness Instructor
Exercise for Range of Motion Level 2 Karen Magnussen Community Recreation Centre - Games Pool	Oct 1 - Dec 26 10:00am - 11:00am	13yrs+	Fitness Instructor

Wednesday

Class/Facility	Date/Time	Age	Instructor(s)
Masters Swim 2 Ron Andrews Community Recreation Centre - Lane 1	Sep 18 - Dec 30 5:30am - 6:30am	13yrs+	David F
Masters Swim 2 Harry Jerome Community Recreation Centre - Lane 2	Sep 18 - Dec 30 6:00am - 7:00am	13yrs+	Khosro M
Cardiac Rehab Phase 3 & 4 Memorial Community Recreation Centre - Capilano Room	Sep 18 - Dec 30 7:00am - 8:30am	30yrs+	Fitness Instructor
Cardiac Rehab Phase 3 & 4 Parkgate Community Centre - Fitness Centre	Sep 18 - Dec 30 7:30am - 8:30am	30yrs+	Fitness Instructor
NO CLASS SEPT 2			
Cardiac Rehab Phase 3 & 4 John Braithwaite Community Centre - Harbourview Room	Sep 18 - Dec 23 8:00am - 10:00am	30yrs+	Kerstin Y
Must have a Specialty Membership to Drop in			
Circuit 1 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 18 - Dec 30 8:00am - 9:00am	50yrs+	Madeline M
Masters Swim 1 Harry Jerome Community Recreation Centre - 4 Lanes	Sep 18 - Dec 30 8:00am - 9:00am	13yrs+	Fitness Instructor
Masters Swim 2 Ron Andrews Community Recreation Centre - Lane 1	Sep 18 - Dec 30 10:00am - 11:00am	13yrs+	Fitness Instructor
Circuit 1 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 18 - Dec 30 10:30am - 11:30am	50yrs+	Madeline M
Movement and Mobility 1 Parkgate Community Centre - Large Multi Purpose	Sep 18 - Dec 23 10:30am - 11:30am	50yrs+	Rose L

NO CLASS SEPT 2

Cardiac Rehab Phase 3 & 4 Ron Andrews Community Recreation Centre - Fitness Centre	Sep 18 - Dec 30 1:00pm - 2:15pm	50yrs+	Fitness Instructor
Circuit 1 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 18 - Dec 30 1:30pm - 2:30pm	50yrs+	Colleen E
Masters Swim 2 Ron Andrews Community Recreation Centre - Lane 1	Sep 18 - Dec 30 7:30pm - 8:30pm	15yrs+	Fitness Instructor
Spin Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 18 - Dec 18 6:30am - 7:30am	13yrs+	Fitness Instructor
Bring a towel and water bottle!			
Yoga Fusion Delbrook Community Recreation Centre - Ash Room	Sep 18 - Dec 18 7:15am - 8:15am	13yrs+	Mehrnoush A
Movement & Mobility 3 Delbrook Community Recreation Centre - Arbutus Room	Sep 18 - Dec 18 7:30am - 8:30am	25yrs+	Chris M
Aquafit Shallow Ron Andrews Community Recreation Centre - Tank Deep B	Sep 18 - Dec 18 8:00am - 9:00am	13yrs+	Fitness Instructor
Cardio 3 John Braithwaite Community Centre - Shoreline	Sep 18 - Dec 18 8:00am - 9:00am	13yrs+	Christine P
Masters Swim 2 Delbrook Community Recreation Centre - 4 Lanes	Sep 18 - Dec 30 8:00am - 9:15am	yrs+	John M
Cardio 1 Delbrook Community Recreation Centre - Ash Room	Sep 18 - Dec 18 8:30am - 9:30am	15yrs+	Sally D
Aquafit Interval Delbrook Community Recreation Centre - Current Channel	Sep 18 - Dec 18 9:00am - 9:45am	15yrs+	Billi B
Aquafit Shallow Ron Andrews Community Recreation Centre - Tank Deep B	Sep 18 - Dec 18 9:00am - 10:00am	13yrs+	Fitness Instructor
Cardio 1 Parkgate Community Centre - Gymnasium Quadrants AB	Sep 18 - Dec 18 9:00am - 10:00am	13yrs+	Rose L
Aquafit Shallow Harry Jerome Community Recreation Centre - 4 Lanes	Sep 18 - Dec 18 9:05am - 10:05am	13yrs+	Fitness Instructor
Aquafit Shallow Harry Jerome Community Recreation Centre - 4 Lanes	Sep 18 - Dec 18 9:05am - 10:05am	13yrs+	Fitness Instructor
Muscle Core Fusion 2	Sep 18 - Dec 18	13yrs+	Louis B

Ron Andrews Community Recreation Centre - Windsor Room	9:05am - 10:05am		
Muscle Fusion Ball 2 John Braithwaite Community Centre - Shoreline	Sep 18 - Dec 18 9:15am - 10:15am	13yrs+	Julie L
Muscle Fusion 2 Delbrook Community Recreation Centre - Ash Room	Sep 18 - Dec 18 9:40am - 10:40am	13yrs+	Louise P
Aquafit Deep Delbrook Community Recreation Centre - 4 Lanes	Sep 18 - Dec 18 10:00am - 11:00am	15yrs+	Billi B
Circuit 1 Karen Magnussen Community Recreation Centre - Fitness Centre	Sep 18 - Dec 18 10:00am - 11:00am	50yrs+	Sally D
Stretch Flow Parkgate Community Centre - Gymnasium	Sep 18 - Dec 18 10:00am - 10:30am	50yrs+	Rose L
(30 minutes)			
Movement and Mobility 2 Delbrook Community Recreation Centre - Ash Room	Sep 18 - Dec 18 10:50am - 11:50am	50yrs+	Louise P
Yoga Fusion Delbrook Community Recreation Centre - Maple Room	Sep 18 - Dec 18 12:00pm - 12:45pm	13yrs+	Mehrnoush A
Muscle Fusion 3 John Braithwaite Community Centre - Shoreline	Sep 18 - Dec 18 12:10pm - 12:55pm	13yrs+	Fitness Instructor
Muscle Core Fusion 2	Sep 18 - Dec 18 5:30pm - 6:30pm	13yrs+	Diana C
Spin Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 18 - Dec 18 5:30pm - 6:30pm	13yrs+	Fitness Instructor
Bring a towel and water bottle!			
Yoga Fusion Delbrook Community Recreation Centre - Maple Room	Sep 18 - Dec 18 5:30pm - 6:30pm	13yrs+	Brigitte L
Cardio 3 Memorial Community Recreation Centre - Capilano Room	Sep 18 - Dec 18 5:35pm - 6:45pm	13yrs+	Fitness Instructor
Cardio Kickboxing Lynn Valley Community Recreation Centre - Cardinal Hall	Sep 18 - Dec 18 6:00pm - 7:00pm	13yrs+	Fitness Instructor
Yoga Fusion Ron Andrews Community Recreation Centre - Windsor Room	Sep 18 - Dec 18 6:30pm - 7:30pm	13yrs+	Lesley P
Aquafit Deep Delbrook Community Recreation Centre - 4 Lanes	Sep 18 - Dec 18 7:30pm - 8:30pm	6yrs-12yrs	Mary Jane P
Circuit 1 \$2	Sep 18 - Dec 18 7:30pm - 8:30pm	50yrs+	Fitness Instructor

Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre			
Circuit 2 \$2 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 18 - Dec 18 7:30pm - 8:30pm	13yrs+	Fitness Instructor
Muscle Fusion 2 Lynn Valley Community Recreation Centre - Cardinal Hall	Sep 18 - Dec 18 9:15am - 10:15am	13yrs+	Rhonda K.
Exercise for Range of Motion Level 1 Karen Magnussen Community Recreation Centre - Games Pool	Sep 30 - Dec 30 10:30am - 11:30am	30yrs+	Fitness Instructor
Aquafit Shallow Karen Magnussen Community Recreation Centre - Wave Pool	Oct 2 - Dec 18 8:00am - 9:00am	13yrs+	Fitness Instructor
Aquafit Shallow Karen Magnussen Community Recreation Centre - Wave Pool	Oct 2 - Dec 18 9:00am - 10:00am	13yrs+	Fitness Instructor
Aquafit Shallow Karen Magnussen Community Recreation Centre - Wave Pool	Oct 9 - Dec 25 8:00am - 9:00am	13yrs+	Fitness Instructor
Cardiac Rehab Phase 3 & 4 John Braithwaite Community Centre - Harbourview Room	Jan 3 - Mar 30, 2020 8:00am - 10:00am	30yrs+	Kerstin Y
Must have a Specialty Membership to Drop in			

Thursday			
Class/Facility	Date/Time	Age	Instructor(s)
Masters Swim 2 Harry Jerome Community Recreation Centre - Lane 2	Sep 18 - Dec 30 6:00am - 7:00am	13yrs+	Khosro M
Circuit 1 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 19 - Dec 31 8:00am - 9:00am	50yrs+	Steve W
Circuit 2 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 19 - Dec 31 9:15am - 10:15am	13yrs+	Fitness Instructor
Circuit 1 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 19 - Dec 31 10:30am - 11:30am	50yrs+	Steve W
Adapted Aquafit Delbrook Community Recreation Centre - Leisure Pool Games	Sep 19 - Dec 31 11:00am - 11:45am	15yrs+	Annick G
Supervised Rehab Parkgate Community Centre - Fitness Centre	Sep 19 - Dec 31 11:00am - 12:00pm	16yrs+	Fitness Instructor
Yoga Fusion John Braithwaite Community Centre - Shoreline	Sep 19 - Dec 24 12:10pm - 12:55pm	13yrs+	Glenda S
Spin	Sep 19 - Dec 19	13yrs+	Karen H

Harry Jerome Community Recreation Centre - Spin Cycle Studio	6:00pm - 7:00pm		
Bring a towel and water bottle!			
Cardiac Rehab Phase 3 & 4 Memorial Community Recreation Centre - Off Cap Room	Sep 19 - Dec 19 6:30pm - 7:45pm	30yrs+	Fitness Instructor
Yoga Fusion Delbrook Community Recreation Centre - Maple Room	Sep 19 - Dec 19 7:00am - 8:00am	13yrs+	Maureen D
Aquafit Deep Ron Andrews Community Recreation Centre - 4 Lanes	Sep 19 - Dec 19 8:00am - 9:00am	13yrs+	Fitness Instructor
Aquafit Shallow Harry Jerome Community Recreation Centre - 4 Lanes	Sep 19 - Dec 26 8:00am - 9:00am	13yrs+	Fitness Instructor
Circuit 1 Parkgate Community Centre - Fitness Centre	Sep 19 - Dec 19 8:20am - 9:20am	50yrs+	Elena V
Muscle Fusion 2 Delbrook Community Recreation Centre - Ash Room	Sep 19 - Dec 19 8:30am - 9:30am	13yrs+	Kelly L
Yoga Fusion Delbrook Community Recreation Centre - Arbutus Room	Sep 19 - Dec 19 9:00am - 10:00am	13yrs+	Rosemary C
Step 2 Ron Andrews Community Recreation Centre - Windsor Room	Sep 19 - Dec 19 9:05am - 10:05am	13yrs+	Ashifa S
Spin Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 19 - Dec 26 9:15am - 10:15am	13yrs+	Katherine T
Bring a towel and water bottle!			
Muscle Core Fusion 2 Parkgate Community Centre - Large Multi Purpose	Sep 19 - Dec 19 9:30am - 10:45am	13yrs+	Elena V
(75 minutes) No class Dec 26			
Aquafit Shallow Delbrook Community Recreation Centre - Leisure Pool Games	Sep 19 - Dec 19 10:00am - 11:00am	15yrs+	Billi B
Movement & Mobility 3 Delbrook Community Recreation Centre - Arbutus Room	Sep 19 - Dec 19 10:10am - 11:10am	25yrs+	Christine C
Cardio 1 Memorial Community Recreation Centre - Gymnasium	Sep 19 - Dec 26 10:30am - 11:30am	13yrs+	Fitness Instructor
Muscle Fusion 1 John Braithwaite Community Centre - Shoreline	Sep 19 - Dec 26 10:30am - 11:30am	13yrs+	Gail R

Bootcamp	Sep 19, 2019 - Jun 25, 2020 12:10pm - 1:10pm	13yrs+	Christine P
Spin Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 19 - Dec 26 12:15pm - 1:00pm	13yrs+	Fitness Instructor
Bring a towel and water bottle!			
Cardio 1 Memorial Community Recreation Centre - Capilano Room	Sep 19 - Dec 19 5:55pm - 6:55pm	13yrs+	Fitness Instructor
Bootcamp 3 Delbrook Community Recreation Centre - Ash Room	Sep 19 - Dec 19 6:15pm - 7:15pm	13yrs+	Lesley P
Muscle Core Fusion 2 Parkgate Community Centre - Large Multi Purpose	Sep 19 - Dec 19 6:15pm - 7:15pm	13yrs+	Elena V
no class DEC 26			
Muscle Fusion Core 2 John Braithwaite Community Centre - Shoreline	Sep 19 - Dec 19 7:00pm - 8:00pm	13yrs+	Keara O
Bootcamp 3 Ron Andrews Community Recreation Centre - Windsor Room	Sep 19 - Dec 19 6:15am - 7:15am	13yrs+	Andrenea T
No class Sep 5			
Cardio 2 Dance Mickey McDougall Community Recreation Centre - Performing Arts Studio	Sep 19 - Dec 19 7:00pm - 8:00pm	13yrs+	Fitness Instructor
Exercise for Range of Motion Level 2 Karen Magnussen Community Recreation Centre - Games Pool	Oct 1 - Dec 26 10:00am - 11:00am	13yrs+	Fitness Instructor
Aquafit Shallow Karen Magnussen Community Recreation Centre - Wave Pool	Oct 3 - Dec 26 8:00am - 9:00am	15yrs+	Fitness Instructor
Aquafit Shallow Karen Magnussen Community Recreation Centre - Wave Pool	Oct 3 - Dec 26 9:00am - 10:00am	13yrs+	Fitness Instructor

Friday

Class/Facility	Date/Time	Age	Instructor(s)
Masters Swim 2 Ron Andrews Community Recreation Centre - Lane 1	Sep 18 - Dec 30 5:30am - 6:30am	13yrs+	David F
Masters Swim 2 Harry Jerome Community Recreation Centre - Lane 2	Sep 18 - Dec 30 6:00am - 7:00am	13yrs+	Khosro M

Cardiac Rehab Phase 3 & 4 Memorial Community Recreation Centre - Capilano Room	Sep 18 - Dec 30 7:00am - 8:30am	30yrs+	Fitness Instructor
Cardiac Rehab Phase 3 & 4 Parkgate Community Centre - Fitness Centre	Sep 18 - Dec 30 7:30am - 8:30am	30yrs+	Fitness Instructor
NO CLASS SEPT 2			
Cardiac Rehab Phase 3 & 4 John Braithwaite Community Centre - Harbourview Room	Sep 18 - Dec 23 8:00am - 10:00am	30yrs+	Kerstin Y
Must have a Specialty Membership to Drop in			
Circuit 1 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 18 - Dec 30 8:00am - 9:00am	50yrs+	Madeline M
Masters Swim 1 Harry Jerome Community Recreation Centre - 4 Lanes	Sep 18 - Dec 30 8:00am - 9:00am	13yrs+	Fitness Instructor
Masters Swim 2 Ron Andrews Community Recreation Centre - Lane 1	Sep 18 - Dec 30 10:00am - 11:00am	13yrs+	Fitness Instructor
Circuit 1 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 18 - Dec 30 10:30am - 11:30am	50yrs+	Madeline M
Cardiac Rehab Phase 3 & 4 Ron Andrews Community Recreation Centre - Fitness Centre	Sep 18 - Dec 30 1:00pm - 2:15pm	50yrs+	Fitness Instructor
Circuit 1 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 18 - Dec 30 1:30pm - 2:30pm	50yrs+	Colleen E
Masters Swim 2 Delbrook Community Recreation Centre - 4 Lanes	Sep 18 - Dec 30 8:00am - 9:15am	yrs+	John M
Movement & Mobility 3	Sep 20 - Dec 27 7:30am - 8:30am	35yrs+	Fitness Instructor
Movement & Mobility 3 Delbrook Community Recreation Centre - Arbutus Room	Sep 20 - Dec 27 7:30am - 8:30am	25yrs+	Barbara P
Aquafit Shallow Ron Andrews Community Recreation Centre - Tank Shallow A	Sep 20 - Dec 27 8:00am - 9:00am	13yrs+	Fitness Instructor
Yoga Fusion Delbrook Community Recreation Centre - Maple Room	Sep 20 - Dec 27 8:25am - 9:25am	13yrs+	Maureen D
Cardio 3 Delbrook Community Recreation Centre - Gymnasium A and B North and South	Sep 20 - Dec 27 8:30am - 9:30am	13yrs+	Diana C
Cardio 1 Parkgate Community Centre - Gymnasium	Sep 20 - Dec 27 9:00am - 10:00am	13yrs+	Ivana C

Youth Quadrant			
Step Parkgate Community Centre - Large Multi Purpose	Sep 20 - Dec 27 9:00am - 10:15am	yrs+	Elena V
(75 minutes)			
Aquafit Shallow/Deep Harry Jerome Community Recreation Centre - 4 Lanes	Sep 20 - Dec 27 9:05am - 10:05am	13yrs+	Fitness Instructor
Cardio 2 \$2 John Braithwaite Community Centre - Shoreline	Sep 20 - Dec 27 9:15am - 10:15am	13yrs+	Christine C
Spin Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 20 - Dec 27 9:15am - 10:15am	13yrs+	Fitness Instructor
Bring a towel and water bottle!			
Stretch Flow \$2 Ron Andrews Community Recreation Centre - Windsor Room	Sep 20 - Dec 27 9:15am - 10:15am	50yrs+	Annie M
Yoga Inspired Stretching	Sep 20, 2019 - Mar 27, 2020 9:15am - 10:15am	13yrs+	Glenda S
Instructor might change, no classes on stat holidays			
Cardio 1 Delbrook Community Recreation Centre - Ash Room	Sep 20 - Dec 27 9:45am - 10:45am	15yrs+	Louise P
Moved to Arbutus Room on Oct 4 due to other bookings.			
Cardio 2	Sep 20 - Dec 27 9:45am - 10:45am	13yrs+	Fitness Instructor
Aquafit Deep Delbrook Community Recreation Centre - 4 Lanes	Sep 20 - Dec 27 10:00am - 11:00am	15yrs+	Mary Jane P
Circuit 1 Karen Magnussen Community Recreation Centre - Fitness Centre	Sep 20 - Dec 27 10:00am - 11:00am	50yrs+	Rose L
Stretch Flow Parkgate Community Centre - Gymnasium Quadrant D	Sep 20 - Dec 27 10:00am - 10:30am	50yrs+	Ivana C
(30 minutes)			
Cardio 1 Parkgate Community Centre - Large Multi Purpose	Sep 20 - Dec 27 10:30am - 11:30am	13yrs+	Ivana C
Movement and Mobility 1 Delbrook Community Recreation Centre -	Sep 20 - Dec 27 11:00am - 12:00pm	50yrs+	Susan F

Arbutus Room			
Yoga Fusion Delbrook Community Recreation Centre - Maple Room	Sep 20 - Dec 27 12:00pm - 12:45pm	13yrs+	Paula A
Cardio 2 Dance Memorial Community Recreation Centre - Gymnasium	Sep 20 - Dec 27 12:10pm - 12:50pm	13yrs+	Sally D
Muscle Fusion 2 John Braithwaite Community Centre - Shoreline	Sep 20 - Dec 20 12:10pm - 12:50pm	13yrs+	Rhonda K.
Cardio 3 Mickey McDougall Community Recreation Centre - Gymnasium A West	Sep 20 - Dec 27 5:10pm - 6:20pm	13yrs+	Fitness Instructor
Spin Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 20 - Dec 27 5:30pm - 6:15pm	13yrs+	Fitness Instructor
Bring a towel and water bottle!			
Yoga Fusion Delbrook Community Recreation Centre - Maple Room	Sep 20 - Dec 27 5:30pm - 6:30pm	13yrs+	Mehrnoush A
Stretch Flow Ron Andrews Community Recreation Centre - Windsor Room	Sep 20 - Dec 27 6:45pm - 7:45pm	13yrs+	Rio C.
Exercise for Range of Motion Level 1 Karen Magnussen Community Recreation Centre - Games Pool	Sep 30 - Dec 30 10:30am - 11:30am	30yrs+	Fitness Instructor
Aquafit Shallow Karen Magnussen Community Recreation Centre - Wave Pool	Oct 4 - Dec 27 8:00am - 9:00am	13yrs+	Fitness Instructor
Cardiac Rehab Phase 3 & 4 John Braithwaite Community Centre - Harbourview Room	Jan 3 - Mar 30, 2020 8:00am - 10:00am	30yrs+	Kerstin Y
Must have a Specialty Membership to Drop in			
Muscle Fusion 2 John Braithwaite Community Centre - Shoreline	January 3, 2020 12:10pm - 12:50pm	13yrs+	Rhonda K.

Saturday

Class/Facility	Date/Time	Age	Instructor(s)
Spin Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 21 - Dec 28 8:00am - 9:00am	13yrs+	Fitness Instructor
Bring a towel and water bottle!			
Step John Braithwaite Community Centre - Shoreline	Sep 21 - Dec 28 8:15am - 9:30am	yrs+	Sally D

Cardio 1 Memorial Community Recreation Centre - Capilano Room	Sep 21 - Dec 28 9:00am - 10:00am	13yrs+	Fitness Instructor
Sept 14 & Nov 16 class cancelled			
Cardio 2 Memorial Community Recreation Centre - Gymnasium	Sep 21 - Dec 28 9:00am - 10:00am	13yrs+	Diana C
No class Sept 14			
Cardio 3 Mickey McDougall Community Recreation Centre - Gymnasium A West	Sep 21 - Dec 28 9:00am - 10:15am	13yrs+	Fitness Instructor
Circuit 2 Harry Jerome Community Recreation Centre - Circuit Training Fitness Centre	Sep 21 - Dec 28 9:00am - 10:00am	13yrs+	Fitness Instructor
Muscle Core Fusion 2 Parkgate Community Centre - Large Multi Purpose	Sep 21 - Dec 28 9:00am - 10:15am	13yrs+	Fitness Instructor
NO CLASS SEPT 7, Parkgate Community Days			
Spin Harry Jerome Community Recreation Centre - Spin Cycle Studio	Sep 21 - Dec 28 9:30am - 10:30am	13yrs+	Louis B
Bring a towel and water bottle!			
Muscle Core Fusion 2 John Braithwaite Community Centre - Shoreline	Sep 21 - Dec 28 9:35am - 10:35am	13yrs+	Sally D
Zumba Workout \$2 Memorial Community Recreation Centre - Gymnasium	Sep 21 - Dec 28 10:15am - 11:15am	13yrs+	Fitness Instructor
No class Sept 14			
Stretch Flow John Braithwaite Community Centre - Shoreline	Sep 21 - Dec 28 10:45am - 11:45am	13yrs+	Sally D
Bootcamp	Sep 21, 2019 - Jun 27, 2020 11:15am - 12:30pm	13yrs+	Christine Cameron Poole
No classes on Stat holiday weekends			
Cardio 1 \$2 Women Only Memorial Community Recreation Centre - Capilano Room	Sep 21 - Dec 28 11:30am - 12:30pm	13yrs+	Fitness Instructor
Sept 14 & Nov 16 class cancelled			
Aquafit Deep	Sep 21 - Dec 21	13yrs+	Fitness Instructor

Ron Andrews Community Recreation Centre - Tank Deep B	4:30pm - 5:30pm		
Bootcamp 3 Parkgate Community Centre - Gymnasium	Sep 21 - Dec 28 8:30am - 9:45am	13yrs+	Fitness Instructor
75 minutes, NO CLASS SEPT 7, Parkgate Community Days, No Class DEC 7, Breakfast with Santa			
Aquafit Shallow Karen Magnussen Community Recreation Centre - Wave Pool	Sep 28 - Dec 28 8:00am - 9:00am	13yrs+	Fitness Instructor
Bootcamp 3 Parkgate Community Centre - Gymnasium	Sep 5 - Dec 19, 2020 8:30am - 9:45am	13yrs+	Fitness Instructor
75 minutes,			

Sunday			
Class/Facility	Date/Time	Age	Instructor(s)
Cardio 1 Parkgate Community Centre - Large Multi Purpose	Sep 22 - Dec 29 9:00am - 10:15am	13yrs+	Lian Z.
75 minutes			
Cardio 2 Ron Andrews Community Recreation Centre - Windsor Room	Sep 22 - Dec 29 9:15am - 10:15am	13yrs+	Sally D
Yoga Fusion Delbrook Community Recreation Centre - Ash Room	Sep 22 - Dec 29 9:30am - 10:30am	13yrs+	Glenda S
Muscle Core Fusion 2 Memorial Community Recreation Centre - Gymnasium	Sep 22 - Dec 29 9:00am - 10:15am	13yrs+	Fitness Instructor

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