

TIMMS COMMUNITY CENTRE FITNESS SCHEDULE

Sept.7 – Dec.31

Pre-registration is required for all single-session Fitness Classes. Registration opens 1 week prior to class and closes 15 minutes prior to class start.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin & Yoga 6:15am-7:15am Tracy MPR 4 / Fitness		Spin & Sculpt 6:15am-7:15am Tanya MPR 4 / Fitness				
Cardio Combo 9:00am-10:00am Amber Fitness	Flow Yoga 9:15am-10:15am Tracy MPR 2	Cardio Combo 9:00am-10:00am Amber Fitness	Spin & Sculpt 8:30am-9:30am Kim MPR 4	Cardio Combo 9:00am-10:00am Tracy Fitness	Spin & Sculpt 9:30am- 10:30am Lynn MPR 4 / Fitness	
	Gentle Cycle 10:30am-11:00am Sue MPR 4		Gentle Cycle 10:30am-11:00am Sue MPR 4			
Gentle-fit 10:30am-11:30am Amber Fitness	Gentle-fit 11:30am-12:30pm Sue Fitness	Gentle-fit 10:30am-11:30am Sue Fitness	Gentle-fit 11:30am-12:30pm Sue Fitness	Gentle-fit 10:30am-11:30am Sue Fitness	Zumba Fitness 11:00am- 12:00pm Cecilia Fitness	Cardio Combo 11:30am-12:30pm Kim Fitness
				Gentle ABS 11:45am-12:15pm Sue Fitness	Core-Yoga 1:00pm – 2:00pm Cecilia Fitness	
Bosu Express 12:45pm-1:30pm Sarah Fitness	Bodysculpt Express 1:00pm-1:45pm Amber Fitness	Yoga Express 1:00pm-1:45pm Lynn Fitness	TBC Express 1:00pm- 1:45pm Lynn Fitness	Yoga Express 1:00pm-1:45pm Lynn Fitness		Hatha Yoga Intermediate 2:00pm – 3:00pm Chantal Fitness
Bodysculpt 5:00pm-6:00pm Tracy Fitness	Spin & Sculpt 4:45pm-5:45pm Wendy MPR 4 / Fitness	TBC 5:00pm-6:00pm Lynn Fitness	Spin & Yoga 4:45pm-5:45pm Lynn MPR 4 / Fitness	TRX-Sculpt 4:45pm-5:45pm Jessica Fitness		
Spin Express 6:30pm-7:15pm Kim MPR 4	ABT 6:15pm-7:15pm Sarah Fitness	Spin Express 6:30pm-7:15pm Tracy MPR 4	Bosu-Sculpt 6:15pm-7:15pm Wendy Fitness			
Zumba Fitness 7:00pm-8:00pm Catherine Fitness		Restorative Yoga 7:30pm-8:30pm Tracy Fitness	Restorative Yoga 7:45pm -8:45pm Wendy Fitness			
					<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; background-color: #f8d7da;">Spin</div> <div style="border: 1px solid black; padding: 5px; background-color: #d4edda;">Yoga</div> <div style="border: 1px solid black; padding: 5px; background-color: #d1ecf1;">Dance</div> <div style="border: 1px solid black; padding: 5px; background-color: #fff3cd;">Cardio/ Strength</div> </div> <p style="text-align: center; margin-top: 10px;">Please check website for weekly schedule updates. www.langleycity.ca/ recreation/weight room & fitness schedules</p>	

Register by phone: 604-514-2940

Register in person: Timms Community Centre- 20399 Douglas Crescent
Douglas Recreation Centre- 20550 Douglas Crescent

Register online: langleycity.ca