

**SPRING**  
STARTING APRIL 29

# fitness drop-in

TIMMS COMMUNITY CENTRE  
20399 Douglas Crescent  
604.514.2940

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SPIN &amp; CORE</b> 6:15 - 7:15AM	<b>RISE N' SPIN</b> 6:15 - 7:00AM	<b>BOOTCAMP</b> 6:15 - 7:15AM	<b>SPIN &amp; ABS</b> 6:15 - 7:00AM	<b>SPIN &amp; SCULPT</b> 6:15 - 7:15AM		
	<b>BOOTCAMP</b> 6:15 - 7:15AM	<b>SPIN EXPRESS</b> 7:30 - 8:15AM	<b>BOOTCAMP</b> 6:15 - 7:15AM	<b>CARDIO COMBO</b> 9:15 - 10:15AM 😊	<b>ZUMBA FITNESS</b> 8:15 - 9:15AM	
<b>CARDIO COMBO</b> 9:15 - 10:15AM 😊		<b>MIX-FIT</b> 9:00 - 10:00AM 😊	<b>YOGA-SCULPT</b> 9:00 - 10:00AM	<b>BOSU BOOTCAMP</b> 9:15 - 10:15AM 😊	<b>BOSU BOOTCAMP</b> 8:15 - 9:15AM	<b>SPIN &amp; YOGA</b> 9:00 - 10:00AM
	<b>GENTLE CYCLE</b> 10:00 - 10:45AM	<b>CARDIO COMBO</b> 9:15 - 10:15AM 😊	<b>GENTLE CYCLE</b> 10:00 - 10:45AM		<b>SPIN EXPRESS</b> 9:30 - 10:15AM	<b>ABT</b> 10:30 - 11:30AM
	<b>LIGHT TONING</b> 11:00 - 12:00PM	<b>POWER YOGA</b> 10:15 - 11:15AM 😊		<b>SENIORCISE</b> 10:30 - 11:30AM	<b>POWER YOGA</b> 10:45 - 11:45AM	<b>STRETCH IT OUT!</b> 11:30 - 12:00PM
<b>SENIORCISE</b> 10:30 - 11:30AM 😊	<b>SENIORCISE</b> 11:30 - 12:30PM	<b>SENIORCISE</b> 10:30 - 11:30AM 😊	<b>SENIORCISE</b> 11:30 - 12:30PM	<b>DANCEFIT</b> 11:00 - 12:00PM	<b>CORE &amp; STRETCH</b> 10:45 - 11:45AM	
<b>SPIN EXPRESS</b> 12:10-12:50PM		<b>CIRCUIT EXPRESS</b> 12:15 - 12:55PM	<b>CORE EXPRESS</b> 12:45 - 1:30PM	<b>GENTLE ABS</b> 11:40 - 12:10PM		
<b>H.I.I.T EXPRESS</b> 1:10 - 1:50PM	<b>YOGA EXPRESS</b> 1:10 - 1:50PM	<b>ZUMBA ADAPTED</b> 1:15 - 2:00PM	<b>WALK-FIT</b> 2:00 - 2:45PM	<b>YOGA EXPRESS</b> 1:10 - 1:50PM		
	<b>STRENGTH &amp; STRETCH</b> 4:15 - 5:15PM 😊	<b>LIGHT TONING</b> 2:15-3:15PM	<b>MOBILITY &amp; STABILITY</b> 3:30 - 4:30PM	<b>TRX CIRCUIT</b> 5:15 - 6:15PM		
<b>SPIN &amp; SCULPT</b> 5:15 - 6:15PM	<b>SPIN &amp; CORE</b> 5:00 - 6:00PM 😊	<b>BODY SCULPT</b> 4:00 - 5:00PM 😊	<b>TRX CARDIO</b> 4:00 - 5:00PM 😊			
	<b>BOOTCAMP</b> 5:30 - 6:30PM 😊	<b>SPIN &amp; YOGA</b> 5:15 - 6:15PM 😊	<b>SPIN &amp; SCULPT</b> 5:00-6:00PM 😊			
<b>ZUMBA FITNESS</b> 7:00 - 8:00PM	<b>YOGA-SCULPT</b> 7:00 - 8:00PM	<b>BOSU BOOTCAMP</b> 7:45 - 8:45PM	<b>STRONG BY ZUMBA</b> 7:30 - 8:30PM			

- INDOOR CYCLING
- DANCE FITNESS
- CORE & STRETCH
- MIND & BODY
- CARDIO & STRENGTH

☺ Childminding available

**SCHEDULE IS SUBJECT TO CHANGE. PLEASE  
PHONE AHEAD OR CHECK WEBSITE TO  
CONFIRM DAILY SCHEDULE.**

**LANGLEYCITY.CA**



**Langley City**  
THE PLACE TO BE