



YMCA

We build strong kids,
strong families, strong communities.

YMCA Healthy Heart Schedule

Location	Address	Days	Time
Centennial Community Ctr.	65 - 6th Ave. New Westminster	Mon, Wed, Fri	6:30 - 8:00 AM
Confederation Ctr.	4585 Albert St. Burnaby	Mon, Wed, Fri	4:45 - 6:15 PM
Coquitlam Recreation Centre, Centennial Room	620 Poirier St. Coquitlam	Mon, Wed, Thu	4:00 - 5:30 PM
Port Moody Recreation Ctr.	300 Ioco Rd. Port Moody	Mon, Wed, Fri	2:30 - 3:45 PM
Tong Louie Family YMCA	14988 57 Ave. Surrey	Mon, Wed, Fri	6:45 - 8:15 AM 8:00 - 9:15 AM