

FITNESS

Schedule January 2019

MAPLE RIDGE
PARKS, RECREATION
& CULTURE

FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM - 7:00AM MP2	Power Core				Power Core		
8:50AM - 9:50AM MP 1	Complete Core (MP2)	20/20/20	Total Body Sculpt	Dance Cardio Fit	Total Body Sculpt		
10:15AM - 11:15AM MP 1	Muscle & Conditioning	Low Impact		Pilates (MP 2) 10:00AM - 11:00AM	Low Impact	Yoga (MP 2) 10:00AM - 11:00AM	Yoga 10:00AM - 11:00AM
11:15AM - 12:00PM GYM				Zumba Gold			
12:10PM - 12:55PM MP 1	Total Body Sculpt	Yoga	Dance Cardio Fit	HIIT NEW Complete Core (MP 2)	Yoga		
6:45PM - 7:30PM MP 2	TIME CHANGE	HIIT NEW		15/4 6:30PM-7:30PM NEW			
7:15PM - 8:00PM MP 2			Dancercise				
7:15PM - 8:15PM MP 2	Yoga						

YOUR FITNESS. YOUR STYLE.

Find your perfect drop-in class at the Maple Ridge Leisure Centre.

BEGINNER

ALL LEVELS

HIGH INTENSITY

SPIN SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM - 7:00AM		Morning Ride	Morning Ride	Morning Ride			
9:00AM - 9:45AM	Cycle Fit	Cycle Fit	Cycle Fit	Beginner Gentle Cycle	Cycle Fit	Super Cycle STARTS 8:45AM!	
10:00AM - 11:00AM							Super Cycle
12:10PM - 12:55PM		Cycle Fit					
5:15PM - 6:00PM							
7:00PM - 7:45PM	Beginner Gentle Cycle						
7:30PM - 8:15PM		Cycle Fit		Cycle Fit			

PLEASE NOTE: All classes are subject to change. Visit www.mapleridge.ca/parksandrec for a complete list of hours of operation, closures and schedules.

Sign up for NOTIFY ME at www.mapleridge.ca/parksandrec for updates about our programs and facilities.

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BEGINNER FITNESS CLASSES

ZUMBA GOLD - This class fuses upbeat rhythms and music with easy-to-follow dance-style moves to create a fun, engaging, and dynamic workout. Zumba Gold is a great for beginners or active seniors.

LOW IMPACT - Work out to music from the 50's to 80's at a decreased pace/impact than traditional classes to protect joints! A great option for those new to fitness or if you are pregnant looking to take a class.



BEGINNER GENTLE CYCLE - A slightly shorter, less intense Spinning class geared towards beginners who would like to improve their cardiovascular fitness.

ALL LEVELS FITNESS CLASSES

DANCERCISE - This class is a combination of cardio, choreography, and flexibility all while dancing to your favorite music. No dance experience necessary.

COMPLETE CORE - Strengthen your major core muscles, improve balance, posture, and core stability in this class.

MUSCLE & CONDITIONING - Increase physical strength through weight-bearing and resistance exercise. All major muscle groups are worked from head to toe. We finish with core training and stretching for a complete workout.

20/20/20 - This class includes 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching & core work. Enjoy a total body workout.

TOTAL BODY SCULPT - Enjoy a full body workout through a combination of cardio drills, resistance training and more.

YOGA - Develop strength, flexibility and proper body alignment while completing a combination of Yoga postures. May include a meditation component.

PILATES - This class will work to balance all muscle groups and improve overall strength and flexibility. Pilates is a challenging method to sculpt your body, increase your core strength and to feel increased agility in your every day movements.

15/4 - NEW - Enjoy a full-body workout. This class is 15 minutes of lower body, 15 minutes of cardio, 15 minutes of upper body and 15 minutes of core.

MORNING RIDE - Focus on cadence, climbs and sprints to improve endurance and strength.

CYCLE FIT - Focus on aerobic endurance conditioning and aerobic interval training.



HIGH INTENSITY FITNESS CLASSES

POWER CORE - Challenge your body with this power & strength focused class. Focus on developing & strengthening the core while targeting your abdomen, oblique's, and lower back. Reward your body with an intense work out followed by deep stretching exercises that will benefit your entire body.

DANCE CARDIO FIT - Get moving! High energy beats and a light atmosphere will help you work up a great sweat. No dance experience necessary.

HIIT - NEW - High intensity interval training with periods of recovery. A time-efficient strength & cardio workout.

SUPER CYCLE - The goal of this class is to build leg strength, while focusing on maintaining a challenging cadence and resistance on hills.

