

FITNESS SCHEDULE

January - March 2020



MAPLE RIDGE
PARKS, RECREATION
& CULTURE

FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:50AM - 9:50AM MP 1	Core Connection	20/20/20	Total Body Sculpt	Dance Cardio Fit	Power Sculpt		
10:15AM - 11:15AM MP 1	Muscle Conditioning	Low Impact			Low Impact	Yoga (MP 2) 10:00AM - 11:00AM	Yoga 10:00AM - 11:00AM
12:10PM - 12:55PM MP 1	Total Body Sculpt	Yoga	Dance Cardio Fit	Yogalates	Yoga	YOUR FITNESS. YOUR STYLE. BEGINNER ALL LEVELS HIGHER INTENSITY	
7:00PM - 8:00PM MP 1	Yoga (MP 2) TIME CHANGE		Candle Lit Yoga				

SPIN SCHEDULE



SPIN CLASS NOTE: Please arrive 15 minutes before class to set up your bike.

	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	Super Cycle STARTS 8:45AM!	
12:10PM - 12:55PM		Cycle Fit					
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.

OUR FITNESS CLASSES ARE DESIGNED TO GIVE YOU THE BEST POSSIBLE WORK OUT. MODIFICATIONS ARE ALWAYS PROVIDED TO LOWER OR HEIGHTEN THE WORK OUT INTENSITY DEPENDING ON YOUR FITNESS LEVEL.

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

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BEGINNER FITNESS CLASSES

LOW IMPACT - this workout is a combination of cardio, weights and exercises on the mat. Exercises are completed at your own pace and impact level resulting in less stress on your joints. A great option for those new to fitness and all fitness levels.



BEGINNER GENTLE CYCLE - a spin class designed for beginners or those new to spinning. This lower impact and lower intensity spin class will help you improve your cardiovascular fitness.

ALL LEVELS FITNESS CLASSES

CORE CONNECTION - strengthen, lengthen and tone your way to a stronger core, increased balance, flexibility and better posture. With interval exercises and short rest periods, you will sculpt your way to stronger body from head to toe.

MUSCLE CONDITIONING - this class focuses on functional movement patterns and core stability. We'll work on developing the smaller muscle groups that work to support joints and bone structures, as well as bodily awareness to keep you balanced.

20/20/20 - three workouts in one class! Join us for an efficient hour inclusive of 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core work and stretching.

TOTAL BODY SCULPT - enjoy a full body workout through a combination of cardio drills, resistance and strength training exercises.

YOGA - this practice promotes breathing techniques, mindfulness and gently increases flexibility. This class allows the participant to flow from pose to pose supported by breath. Each pose complements the next and the entire body receives a deep and balanced stretch.

YOGALATES - Improve your body alignment, flexibility, balance and core strength with a fusion of Yoga & Pilates. Join us for this full body power class.

DANCE CARDIO FIT - Have fun moving your body to the rhythm of high energy beats with a twist of Latin flair. A fun atmosphere, no dance experience necessary.

CANDLE LIT YOGA - The stress of a busy day will melt away as you enter a candlelit room with soothing music. This is a restorative yoga practice using longer holds to allow muscles to relax, using props to support us instead of using muscles, to heal and restore and reduce stress.

MORNING RIDE - get your heart pumping while focusing on cadence, climbs and sprints to improve endurance and strength.

CYCLE FIT - a great spinning workout incorporating short intervals of intense or all-out effort, interspersed with periods of recovery. Great for cross training and cardiovascular endurance and strength.

HIGHER INTENSITY FITNESS CLASSES



SUPER CYCLE - Come and get your heart rate up and pedal those legs. This is a high intensity class with drills and hills. Prepare to drip with sweat and get those endorphins pumping!

POWER SCULPT - This higher intensity full body workout will work you through a sculpting class that builds muscle, strength, and endurance by combining cardio exercises that will elevate your heart rate, with strength exercises that will target all major muscle groups. Lower impact options and modifications are always offered.