

April, May & June 2012

Maple Ridge Leisure Centre

Fitness/Cycle/Aquafit Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 7am	Aquafit (in Comp Pool)	Cycle	Aquafit (in Comp Pool)	Cycle			
8 - 8:45am						Aquafit (in Comp Pool)	
8:50 - 9:50am	Step Up	Ball Yoga	Ultimate Conditioning	Fit Drills	Cross Cardio	Fit Drills (in gym)	
9 - 9:45am	Cycle	Cycle	Cycle	Cycle	Cycle	Super Cycle (9-10am)	
9:05 - 9:50am	Aquafit	Deep Water	Aquafit	Aquafit	Aquafit		
10 - 10:45am	Aquaboxing		Deep Water/Aquaboxing Fusion		Aquaboxing		Super Cycle (10-11am)
10:30 - 11:30am		50+ Low Impact			50+ Low Impact		
12:10 - 12:55pm	Ultimate Conditioning	Water Wellness (12-12:45pm)	Step Up	Water Wellness (12-12:45pm)	Hatha Yoga		
		Cycle		Cycle			
		Cross Cardio		Cross Cardio			
2 - 2:45pm	Water Wellness						
5:15-6pm	Interval Cycle			Ball Yoga			
6 - 7pm		Ultimate Conditioning (5:45-6:45pm)	Cross Cardio (in gym)*				
			Interval Cycle (6:15-7pm)				
7 - 7:45pm	Aquafit		Aquaboxing				
7:15 - 8:15pm	Hatha Yoga (in gym)*		Flow Yoga (in gym)*				
7:30 - 8:15pm		Cycle		Cycle			
		Deep Water/ Aquaboxing Fusion		Aquafit			

Dates to Remember:
No classes April 6, 7, 8, 9 & May 19, 20, 21.



*Effective Wed. May 2nd: Mon 7:15pm Hatha Yoga, Wed. 6pm Cross Cardio & 7:15pm Flow Yoga move to Multipurpose Room

All schedules are subject to changes or cancellations based on attendance.

Class Descriptions

50+ Low Impact - Work out to music you enjoy from the 50's to 80's. This energetic class includes free style choreography movements done at a slower pace than a traditional aerobic class. Options will be given for all levels.

Aquaboxing - Combine zero impact water aerobics with high energy kick-boxing using aqua boxing gloves.

Aquafit - shallow water aerobics using both upper and lower body in optimal ranges of motion that minimize joint stress.

Ball Yoga - Advanced balance and strength exercises fused with classical Hatha Yoga poses all with an exercise ball to enhance body awareness, proprioceptive skills, and core conditioning.

Core Connection - Challenge core & stability muscles in this class using an exercise ball, light weights and resistance tubing.

Cross Cardio - Kickboxing, step, hi/lo, cycle, ball, power and plyometrics are the elements used to elevate your respiration, burn calories and strengthen your heart.

Cycle - 45 minutes of a moderate to advanced workout. New riders are welcome and will be encouraged to modify. Please sign-up prior to the class in the spin bike area.

Deep Water Aquafit - Intense water exercise utilizing the resistance of water with a variety of equipment. Bring a water bottle!

Fit Drills - Timed challenges test your speed, agility, strength and endurance through cardio, plyometrics, multi-joint movements and core exercises.

Flow Yoga - An invigorating flowing sequence of postures with a strong focus on core strength, breath awareness and key alignments.

Hatha Yoga - A gentle yoga that emphasizes posture alignment, core strength, balance, concentration and breath control while enhancing muscle tone, flexibility and a peaceful mind.

Interval Cycle - Interval training is a critical component of any training program. It involves increasing and decreasing the heart rate by following periods of intense activity with active recovery. Gain maximum benefits on the bike!

Step Up - Athletic workout using the step, integrating high intensity intervals followed by muscle conditioning. Shape and tone your entire body and push your fat burning into high gear.

Super Cycle - This is a 60 minute version of our regular cycle class. Get ready to sweat! Please sign up prior to the class in the spin bike area.

Ultimate Conditioning - Focus on strength and layering exercises to achieve muscle fatigue. A rotation of different muscles is worked each week.

Water Wellness - low-impact water aerobics for those wanting to improve range of motion, muscular strength and cardio endurance: ideal for pregnant women, seniors, overweight individuals and those recovering from an injury or suffering from arthritis and other chronic illnesses.

Admission Rates - Leisure Centre

	Adult	Child 3-12 yrs	Student 13-18 yrs	Senior 60+ yrs	Family
Single Visit	\$5.43	\$2.76	\$3.53	\$3.53	\$9.47
10 Visits	\$48.90	\$24.90	\$31.80	\$31.80	\$85.30
20 Visits	\$86.90	\$44.20	\$56.50	\$56.50	\$151.60
1 Month	\$54.30	\$27.60	\$35.30	\$35.30	\$94.70
3 Month	\$138.47	\$70.38	\$90.02	\$90.02	\$241.49
6 Month	\$260.64	\$132.48	\$169.44	\$169.44	\$454.56
1 Year	\$521.28	\$264.96	\$338.88	\$338.88	\$909.12

*Family - a family is defined as 2 adults with their own children or grandchildren under the age of 19.
Prices do NOT include applicable taxes

Maple Ridge Leisure Centre Weight Room/Gymnasium Supervision Hours

Monday/Wednesday/Friday 6:00-10:00am
Monday to Friday 3:00-10:00pm
Saturday 2:30-9:30pm
Sunday 10:00-4:00pm

Weight Room Orientation Information

- Orientations must be booked 24 hours in advance at the front desk
- Cancellations require 24 hours notice in order to receive a refund
- Orientations may be booked on the hour in the times listed above
- Orientation must be paid in full upon booking

Adult Orientation \$16.07 + tax

Family Orientation \$26.33 + tax

30 minute orientation and tour showing use of all pieces of equipment, weight room etiquette, conduct expectations, safety, and general information about the weight room such as how to sign up and use a cardio machine, setting up a weight machine for proper form etc.

Youth Orientation \$16.07 + tax

Pre-requisite for young people ages 13-15 yrs to utilize the cardio and weight machine area. Orientation includes a tour of the area, overview of conduct and etiquette, safety and general information about the weight room such as how to sign up and use a cardio machine, setting up a weight machine for proper form etc. *Please note parent or guardian must be present for the duration of the orientation

Basic Weight Training Program \$26.56 + tax

45 minute program that provides the client with a general weight training program based on their specific fitness goals



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