

OUTDOOR GROUP FITNESS

MAY 2021
Registered Classes



MAPLE RIDGE

British Columbia

WEEKDAY	CLASS	TIME
MONDAY	Outdoor Spin	7:00 PM - 7:45 PM
WEDNESDAY	Outdoor Spin	9:30 AM - 10:15 AM
THURSDAY	Outdoor Spin	7:00 PM - 7:45 PM
FRIDAY	Outdoor Spin	12:15 AM - 1:00 PM

PLEASE NOTE

- Participants will line up on the outside of the Maple Ridge Leisure Centre in the Fitness Centre/spin line no more than 5 minutes before their timeslot.
- Masks must be worn in line ups/during check-in. Physical distancing is required at all times.
- Masks can be removed once you are at your individual spin bike.
- All riders are welcome as bike tension can be individualized.
- Class will run outdoors rain or shine.
- Wear weather-appropriate layers of clothing to suit your personal comfortability.
- We have limited capacities and increased physical distancing to ensure a safe and comfortable environment for all.
- There will be no access to washrooms or water fountains - please come prepared.

LEARN MORE
mapleridge.ca/1449

REGISTER
mapleridge.ca/1484
604-467-7422