

# GROUP FITNESS & SPORT

ALBION COMMUNITY CENTRE

April - June, 2024



Welcome to the **Albion Community Centre (ACC)** located at **24165 104 Ave!** The ACC is a 20,000 square foot centre with multi-use rooms, great hall, outdoor amphitheatre and more. Learn more at [mapleridge.ca/albion-community-centre](http://mapleridge.ca/albion-community-centre)

## ACC GROUP FITNESS SCHEDULE

**NOTE** | These classes take place in Multi-Use 1/2.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
				<b>POWER 45</b> 9:15 AM - 10:00 AM
<b>PILATES</b> 10:30 AM - 11:30 AM		<b>BODYWEIGHT BURNER</b> 10:15 AM - 11:15 AM	<b>PILATES</b> 10:30 AM - 11:30 AM	
		<b>FLOW YOGA</b> 12:00 PM - 1:00 PM		
	<b>CANDLELIT YOGA</b> 7:00 PM - 8:00 PM		<b>ZUMBA</b> 7:00 PM - 8:00 PM	

### ALL FITNESS LEVELS WELCOME!

Modifications are always provided to lower or heighten the work out intensity depending on your fitness level.

**BODYWEIGHT BURNER** | A bodyweight class like no other. A challenging blend of cardio, muscle and core, using no equipment!

**CANDLELIGHT YOGA** | Yoga by candlelight with a focus on postures, breathing and relaxation. This class brings a balance of physical poses that promote flexibility, balance and strength and other techniques for well-being.

**FLOW YOGA** | A creative flow that keeps moving and will most likely make you sweat. Increase and improve your strength, flexibility and yogic breath with this de-stressing and energizing class.

**PILATES** | A form of exercise which concentrates on strengthening the body with an emphasis on core strength, posture, balance and flexibility.

**POWER 45** | Weights, cardio & resistance, oh my! Using these three types of training, you're sure to make the most of your 45 minute workout. Challenge your body and welcome that serotonin boost.

**ZUMBA** | Join the party! Dance to energetic music with a variety of Latin inspired moves.

## ACC SPORT SCHEDULE

**NOTE** | ACC Sports take place in the Great Hall.

Some equipment available, but we encourage you to bring your own!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>FAMILY BADMINTON</b> 11:30 AM - 1:30 PM				<b>PICKLEBALL/ BADMINTON (13Y-17Y)</b> 2:20 PM - 3:45 PM
<b>PICKLEBALL</b> 2:00 PM - 4:00 PM	<b>BADMINTON</b> 5:30 PM - 7:45 PM		<b>*BEGINNERS PICKLEBALL</b> 5:00 PM - 6:15 PM	
		<b>BADMINTON (19Y+)</b> 6:00 PM - 7:45 PM	<b>*BEGINNERS PICKLEBALL</b> 6:30 PM - 7:45 PM	<b>PICKLEBALL</b> 6:00 PM - 7:45 PM

### SOME EQUIPMENT PROVIDED

We have equipment available for Drop-In Sports but encourage you to bring your own in case of high demand! Should you have any questions, please ask one of our staff for assistance.

**BEGINNERS PICKLEBALL** | Participants may only attend one session, not both.

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE  
DROP-IN SCHEDULES & ACTIVITIES | GENERAL INQUIRIES? | 604-467-7322