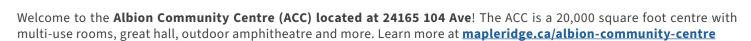
## GROUP FITNESS & SPORT ALBION COMMUNITY CENTRE

Maple Ridge

April - June, 2024



## **ACC GROUP FITNESS** SCHEDULE

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

MONDAY	TUESDAY	Y WEDNESDAY THURSDAY		SATURDAY	
				POWER 45 9:15 AM - 10:00 AM	
PILATES 10:30 AM - 11:30 AM		BODY WEIGHT BURNER 10:15 AM - 11:15 AM	PILATES 10:30 AM - 11:30 AM		
		FLOW YOGA 12:00 PM - 1:00 PM			
	CANDLELIT YOGA 7:00 PM - 8:00 PM		ZUMBA 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.

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**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	SOME
					EQUIPM PROVID
FAMILY BADMINTON 11:30 AM - 1:30 PM				PICKLEBALL/ BADMINTON (13Y-17Y) 2:20 PM - 3:45 PM	We hav equipme available Drop-In Sp but encou
PICKLEBALL 2:00 PM -4:00 PM	BADMINTON 5:30 PM - 7:45 PM		*BEGINNERS PICKLEBALL 5:00 PM - 6:15 PM		you to bring own in case demand! S you have
		BADMINTON (19Y+) 6:00 PM - 7:45 PM	*BEGINNERS PICKLEBALL 6:30 PM - 7:45 PM	PICKLEBALL 6:00 PM - 7:45 PM	questions, j ask one of o for assista

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