

DROP-IN

Group Fitness & Spin Schedule

Effective Date: September 10 to December 31

Albion Community Centre
24165 104 Avenue

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Spin 8:15 AM-9 AM Body Sculpt 9:30 AM-10:30 AM Zumba NEW 11 AM-12 PM	Group Spin 6 AM-6:45 AM Core & Sculpt 9:15 AM-10:15 AM Pilates 10:30 AM-11:30 AM Flow Yoga 12:30 PM-1:30 PM 20/20/20 5:30 PM-6:30 PM	Step & Strength 9:15 AM-10:15 AM Group Spin 5:30 PM-6:15 PM Candlelit Yoga 7 PM-8 PM	 Body Sculpt 10:30 AM-11:30 AM Flow Yoga 12:30 PM-1:30 PM Spin & Strength 5:30 PM-6:15 PM	Total Body Conditioning 9:15 AM-10:15 AM Pilates 10:30 AM-11:30 AM Group Spin 5:30 PM-6:15 PM Zumba 7 PM-8 PM	Group Spin 6 AM-6:45 AM Cardio Core Conditioning 9:15 AM-10:15 AM Zumba NEW 5 PM-6 PM Deep Stretch & Relax 6:30 PM-7:30 PM	Group Spin 8 AM-8:45 AM Power Hour 9:30 AM-10:30 AM Flow Yoga 11 AM-12 PM

Pre-registered Fitness Classes

Please remember that all classes are now preregistered. Learn more at MapleRidge.ca/Fitness and secure your spot online at MapleRidge.ca/Register

Schedules are subject to
change without notice



Maple Ridge



CLASS DESCRIPTIONS

GROUP SPIN: enjoy a high energy 45 minute dynamic ride that will challenge your fitness levels! Perfect for all levels. Take a spin on a Keiser bike as your endure intervals, hill climbs and sprints.

SPIN & STRENGTH: a cardio focused work out that will make the most of your 60 minutes. Challenge your cardio capacity with coordination and choreography exercises. This class involves a strength element as well with weights.

CARDIO CORE CONDITIONING: a dynamic class that combines heart pumping cardio exercises with core strengthening movements. This class is designed to improve cardiovascular endurance while strengthening your core muscles.

POWER HOUR: a dynamic blend of core focused training using a variety of equipment to condition, tone and enhance total body strength from the inside out.

TOTAL BODY CONDITIONING: utilizing a variety of equipment, this class will leave you sweaty and your whole body burning. Challenge your body by stepping into this full body conditioning class.

STEP & STRENGTH: a cardio focused work out that will make the most of your 60 minutes. Challenge your cardio capacity with coordination and choreography exercises. This class involves a strength element as well with weights.

PILATES: this class focuses on core strength, flexibility and body alignment through controlled and precise movements. Pilates enhances muscle tone and improves posture. Perfect for all fitness levels.

ZUMBA: dance your way to fitness with our high-energy zumba class. This is a choreography-based class that includes non-verbal cueing.

BODY SCULPT: this class involves smooth, flowing sequences connecting your breath with movement. This practice promotes relaxation and mindfulness.

CANDLELIT YOGA: this class involves smooth, flowing sequences connecting your breath with movement. This practice promotes relaxation and mindfulness.

FLOW YOGA: this class involves smooth, flowing sequences connecting your breath with movement. This practice promotes relaxation and mindfulness.

20/20/20: combine cardio, strength and core in this hybrid class. A full body workout that aims to support you on your fitness journey wherever you are. Suitable for all levels.

DEEP STRETCH & RELAX: this calming end-of-week practice blends long, gentle stretches with guided relaxation to ease tight muscles and quiet the mind. Perfect for resetting your body and preparing for a restful weekend.

CORE & SCULPT: is a low impact strength class that targets your core while toning the entire body through controlled, intentional movement. Expect balanced training that builds stability, strength and definition.

**All Fitness Levels
Welcome!**

**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.**