

**DROP-IN**

# Group Fitness & Spin Schedule

**Albion Community Centre**  
24165 104 Avenue

Effective Date: April 13 to June 30

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

## Pre-registered Fitness Classes

Please remember that all classes are now preregistered. Learn more at [MapleRidge.ca/Fitness](https://MapleRidge.ca/Fitness) and secure your spot online at [MapleRidge.ca/Register](https://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.

NEW

**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.

NEW

**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.**