


**DROP-IN**

# Group Fitness & Spin Schedule

**Albion Community Centre**  
24165 104 Avenue

**Effective Date: January 2-March 29**

**PLEASE NOTE:** Pre-registration is required for all fitness classes.

[MapleRidge.ca/Fitness](https://MapleRidge.ca/Fitness) for full details. 

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

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Schedules are subject to  
change without notice



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**Step & Strength:** a cardio focused workout that will make the most of your 60 minutes. Challenge your cardio capacity with coordination and choreography exercises. This class involves a strength element with weights.

**Body Sculpt:** combining strength training, resistance training and body weight movements, this class is designed to sculpt your body.

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

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

**Candlelit Yoga:** relax by candlelight and enjoy our beautiful, natural backdrop. Elevate your yoga practice by moving through a sequence of poses that connect your mind, body and breathwork.

**Power Hour:** a high-intensity workout that packs a full body experience into 60 minutes. Combining strength, cardio and functional movements to maximize your results.

**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 & core in this hybrid class. A full body workout that aims to support you on your fitness journey. Suitable for all levels.

**Cardio Core Conditioning:** this class is designed to improve cardiovascular endurance while strengthening your core muscles through heart pumping cardio and core strengthening exercises.

**Power Hour:** a high-intensity workout that packs a full body experience into 60 minutes. Combining strength, cardio and functional movements to maximize your results.

**Group Spin:** enjoy a high energy 45 minute dynamic ride that will challenge your fitness level. Perfect for all levels.

**Spin & Strength:** This class combines high-intensity cycling intervals with targeted strength training, on and off the bike, for a full-body workout. You'll boost cardiovascular **endurance and build muscle.**



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