

**DROP-IN**

# Group Fitness & Spin Schedule

**Albion Community Centre**  
24165 104 Avenue

Effective Date: April 11 to April 30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Cardio Core Conditioning</b> 9:30 AM - 10:30 AM</p> <p><b>Group Spin</b>  11 AM - 11:45 AM</p>	<p><b>Group Spin</b>  6 AM - 6:45 AM</p> <p><b>Pilates</b> 10:30 AM - 11:30 AM</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>Group Spin</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>Group Spin</b>  8 AM - 8:45 AM</p> <p><b>Power Hour</b> 9:30 AM - 10:30 AM</p>	

**NEW**

New Class Offering



Pre-register Program

[MapleRidge.ca/DropInSchedules](https://MapleRidge.ca/DropInSchedules)

Schedules are subject to change without notice



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## 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.

**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.

**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.

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

**CANDLE LIT 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.

**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.

**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

**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 you endure intervals, hill climbs and sprints.



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