

**DROP-IN**

# Group Fitness Schedule

Maple Ridge Leisure Centre  
11925 Haney Place

Effective Date: April 1 to June 30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Pilates</b> 8 AM - 9 AM</p>	<p><b>Cardio Muscle Mix</b> 6:15 AM - 7 AM</p> <p><b>Body Sculpt</b> 9 AM - 10 AM</p> <p><b>Total Body Conditioning</b> 12:10 PM - 12:55 PM</p> <p><b>HIIT</b> 5:45 PM - 6:45 PM</p>	<p><b>Total Body Conditioning</b> 9 AM - 10 AM</p> <p><b>Low Impact</b> 10:30 AM - 11:30 AM</p> <p><b>Flow Yoga</b> 12:10 PM - 12:55 PM</p> <p><b>Body Sculpt</b> 5:45 PM - 6:45 PM</p> <p><b>Zumba Toning</b> 7 PM - 8 PM</p>	<p><b>Zumba Toning</b> 9 AM - 10 AM</p> <p><b>Body Sculpt</b> 12:10 PM - 12:55 PM</p> <p><b>HIIT</b> 5:45 PM - 6:45 PM</p> <p><b>Zumba</b> 7 PM - 8 PM</p>	<p><b>Step &amp; Strength</b> 9 AM - 10 AM</p> <p><b>Low Impact</b> 10:30 AM - 11:30 AM</p> <p><b>20/20/20</b> 5:45 PM - 6:45 PM</p>	<p><b>Cardio Muscle Mix</b> 6:15 AM - 7 AM</p> <p><b>Total Body Conditioning</b> 9 AM - 10 AM</p> <p><b>Flow Yoga</b> 12:10 PM - 12:55 PM</p>	<p><b>Cardio Core Conditioning</b> 8:30 AM - 9:30 AM</p> <p><b>Zumba</b> 12:30 PM - 1:30 PM</p>

**NEW** New Class Offering

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

Schedules are subject to change without notice



**DROP-IN**

# Group Fitness Schedule | Spin

Maple Ridge Leisure Centre  
11925 Haney Place

Effective Date: April 1 to June 30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Group Spin</b> 9:30 AM - 10:15 AM	<b>Group Spin</b> 9:30 AM - 10:15 AM	<b>Group Spin</b> 6:15 AM - 7 AM	<b>Group Spin</b> 6:15 AM - 7 AM	<b>Group Spin</b> 6:15 AM - 7 AM	<b>Group Spin</b> 9:30 AM - 10:15 AM	<b>Group Spin</b> 7:30 AM - 8:15 AM
	<b>Group Spin</b> 6 PM - 6:45 PM		<b>Group Spin</b> 6 PM - 6:45 PM	<b>Group Spin</b> 12:10 PM - 12:55 PM		
		<b>Group Spin</b> 7 PM - 7:45 PM		<b>Group Spin</b> 7 PM - 7:45 PM		

### Pre-registered Spin Class

Please remember that spin 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)

All classes take place in the NEW Spin Studio (located on the second floor of the MRLC)

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**Maple Ridge**

**DROP-IN**

# Group Fitness & Spin Schedule | Maple Ridge Leisure Centre

11925 Haney Place

**Effective Date: April 1 to June 30**

**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.

**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.

**PUMP IT:** this class focuses on strength training while including some elements of cardio to give your muscles a break. PUMP your body from head to toe and give your body a well-deserved burn!

**CARDIO MUSCLE MIX:** a mix of strength and cardio exercises that target all major muscle groups. Elevate your heart rate through compound movements and intense cardio bursts.

**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.

**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.

**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.

**HIIT:** a full body strength and cardio class that focuses on interval training. HIIT involves muscular strength and muscular endurance movements to improve your overall fitness level.

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

**LOW IMPACT:** a gentle yet effective workout that **focuses on** improving strength, flexibility and endurance **without putting** excessive strain on your joints. Perfect for **beginners, those** recovering from injury or anyone simply **seeking a gentler** alternative.

**ZUMBA TONING:** this workout **combines elements of traditional** zumba with the addition **of resistance training by using light weights.**

**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.



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