

DROP-IN

Group Fitness Schedule | Maple Ridge Leisure Centre

11925 Haney Place

EFFECTIVE DATE: September 11 - December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Flow Yoga 8:30 AM - 9:30 AM</p>	<p>Cardio Muscle Mix 6:15 AM - 7:00 AM</p> <p>Pump It 9:00 AM - 10:00 AM</p> <p>Total Body Conditioning 12:10 PM - 12:55 PM</p> <p>HIIT 5:45 PM - 6:45 PM</p>	<p>Total Body Conditioning 9:00 AM - 10:00 AM</p> <p>Flow Yoga 12:10 PM - 12:55 PM</p> <p>Body Weight Burner 5:45 PM - 6:45 PM</p>	<p>Pilates <small>NEW</small> 9:00 AM - 10:00 AM</p> <p>Body Weight Burner <small>NEW</small> 12:10 PM - 12:55 PM</p> <p>Tabata 5:45 PM - 6:45 PM</p> <p>Zumba 7:30 PM - 8:30 PM</p>	<p>Step & Strength 9:00 AM - 10:00 AM</p> <p>20/20/20 5:45 PM - 6:45 PM</p>	<p>Cardio Muscle Mix 6:15 AM - 7:00 AM</p> <p>Total Body Conditioning 9:00 AM - 10:00 AM</p> <p>Deep Stretch Yin Yoga 12:10 PM - 12:55 PM</p>	<p>Core & Stretch 8:30 AM - 9:30 AM</p>

NEW

New Class Offering

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.

Please Note

All classes take place in Multi-Use 1.

MapleRidge.ca/DropInSchedules

Schedules are subject to change without notice.



DROP-IN

Pre-Registered

Group Fitness Schedule | Spin

Maple Ridge Leisure Centre
11925 Haney Place

EFFECTIVE DATE: September 11 - December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Spin 7:30 AM - 8:15 AM	Group Spin 9:30 AM - 10:15 AM	Group Spin 6:15 AM - 7:00 AM	Group Spin 6:15 AM - 7:00 AM	Group Spin 6:15 AM - 7:00 AM		Group Spin 7:30 AM - 8:15 AM
	Group Spin 7:15 PM - 8:00 PM	Group Spin 7:15 PM - 8:00 PM	Group Spin 7:15 PM - 8:00 PM	Group Spin 12:10 PM - 12:55 PM	Group Spin 9:30 AM - 10:15 AM	
				Group Spin 7:15 PM - 8:00 PM		

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.

Pre-registered Spin Classes

Please remember that starting on September 11 spin classes are now pre-registered. Learn more at MapleRidge.ca/Fitness and secure your spot online at MapleRidge.ca/Register

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

MapleRidge.ca/DropInSchedules

Schedules are subject to change without notice.

