

**DROP-IN**

# Group Fitness Schedule

Maple Ridge Leisure Centre  
11925 Haney Place

Effective Date: January 6 - January 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Pilates</b> <span>NEW</span> 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> <span>NEW</span> 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>Cardio Muscle Mix</b> 6:15 AM - 7 AM</p> <p><b>Pump It</b> 9 AM - 10 AM</p> <p><b>Body Sculpt</b> 12:10 PM - 12:55 PM</p> <p><b>HIIT</b> <span>NEW</span> 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> <span>NEW</span> 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> <span>NEW</span> 8:30 AM - 9:30 AM</p> <p><b>Zumba</b> <span>NEW</span> 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




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# Group Fitness Schedule | Spin

Maple Ridge Leisure Centre  
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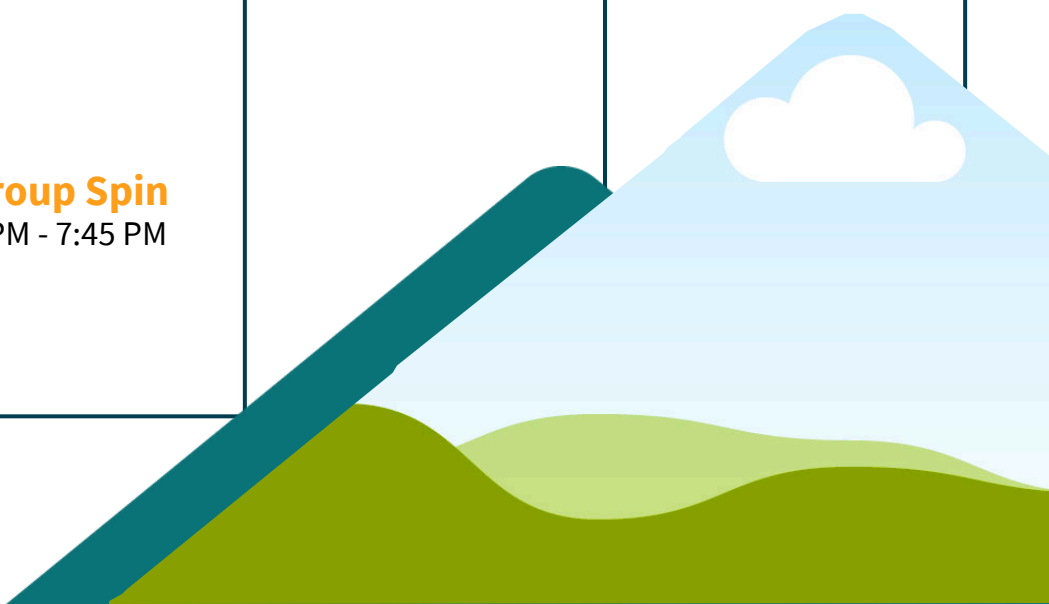
Effective Date: January 6 - January 31

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

 **New Class Time**

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

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**DROP-IN**

# Group Fitness & Spin Schedule

**Maple Ridge Leisure Centre**  
11925 Haney Place

**Effective Date: January 6 - March 31**

## 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.

## Class Descriptions

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 Class

Please remember that starting on September 11 spin classes are now preregistered. Learn more at [MapleRidge.ca/Fitness](http://MapleRidge.ca/Fitness) and secure your spot online at [MapleRidge.ca/Register](http://MapleRidge.ca/Register)

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



**Maple Ridge**

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

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