

DROP-IN

Group Fitness Schedule

Maple Ridge Leisure Centre
11925 Haney Place

Effective Date: January 6 - March 31

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

NEW New Class Offering

MapleRidge.ca/DropInSchedules

Schedules are subject to change without notice



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Group Fitness Schedule | Spin

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

Pre-registered Spin Class

Please remember that spin classes are now preregistered. 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)

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Maple Ridge

DROP-IN

Group Fitness & Spin Schedule | Maple Ridge Leisure Centre

11925 Haney Place

Effective Date: January 6 - March 31

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.

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.



MapleRidge.ca/DropInSchedules

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