

DROP-IN

Group Fitness & Spin Schedule

Albion Community Centre
24165 104 Avenue

Effective Date: July 27 to September 13

PLEASE NOTE: Pre-registration is required for fitness classes.
MapleRidge.ca/Fitness for full details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Spin 8:15 AM-9 AM Body Sculpt 9:30 AM-10:30 AM	Group Spin 6 AM-6:45 AM Core & Sculpt 9:15 AM-10:15 AM Pilates 10:30 AM-11:30 AM Flow Yoga 12:30 PM-1:30 PM 20/20/20 5:30 PM-6:30 PM	Step & Strength 9:15 AM-10:15 AM Group Spin 5:30 PM-6:15 PM Candle Lit Yoga 7:00 PM-8:00 PM	Group Spin 9 AM-10 AM Body Sculpt 10:30 AM-11:30 AM Flow Yoga 12:30 PM-1:30 PM Spin & Strength 5:30 PM-6:15 PM	Total Body Conditioning 9:15 AM-10:15 AM Pilates 10:30 AM-11:30 AM Group Spin 5:30 PM-6:15 PM Zumba 7:00 PM-8:00 PM	Group Spin 6 AM-6:45 AM Cardio Core Conditioning 9:15 AM-10:15 AM Deep Stretch & Relaxation 6:30 PM-7:30 PM	Group Spin 8 AM-8:45 AM Power Hour 9:30 AM-10:30 AM Flow Yoga 11 AM-12 PM



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ZUMBA: dance your way to fitness with our high-energy zumba class. This is a choreography-based class that includes non-verbal cueing.

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.

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.

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

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.

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.

FLOW YOGA: this class involves smooth, flowing sequences connecting your breath with movement. This practice promotes relaxation and mindfulness.

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.

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.

POWER HOUR: a dynamic blend of core focused training using a variety of equipment to condition, tone and enhance total body strength from the inside out.

SPIN & 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.

CORE & SCULPT: is a low impact strength class that targets your core while toning the entire body through controlled, intentional movement. Expect balanced training that builds stability, strength and definition.

DEEP STRETCH & RELAX: this calming end-of-week practice blends long, gentle stretches with guided relaxation to ease tight muscles and quiet the mind. Perfect for resetting your body and preparing for a restful weekend.



Maple Ridge

MapleRidge.ca/DropInSchedules

**Schedules are subject to
change without notice**

