

DROP-IN

Aqua Fitness Schedule

Effective Date: June 29 - September 4

Maple Ridge Leisure Centre

11925 Haney Place

Hammond Outdoor Pool

20601 Westfield Avenue

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Deep Water ^{LC} 7:15 AM - 8:00 AM	Aqua Fit ^{HOP} 8:05 AM - 8:55 AM Water Wellness ^{LC} 11:05 AM - 11:50 AM Aqua Fit ^{HOP} 7:05 PM - 7:55 PM	Aqua Fit ^{LC} 9:05 AM - 9:50 AM Aqua Fit ^{HOP} 12:05 PM - 12:55 PM	Aqua Fit ^{HOP} 8:05 AM - 8:55 AM Aqua Fit ^{LC} 11:05 AM - 11:50 AM Aqua Fit ^{HOP} 7:05 PM - 7:55 PM	Aqua Fit ^{LC} 9:05 AM - 9:50 AM Aqua Fit ^{HOP} 12:05 PM - 12:55 PM	Aqua Fit ^{HOP} 8:05 AM - 8:55 AM Water Wellness ^{LC} 11:05 AM - 11:50 AM	

^{HOP} Hammond Outdoor Pool ^{LC} MRLC Pool

MapleRidge.ca/DropInSchedules Schedules are subject to change without notice



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Group Fitness & Spin Schedule

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Hammond Outdoor Pool

20601 Westfield Avenue

Deep Water

Dive in for an intense, low-impact workout in deep water. Using belts for maximum resistance, this class builds strength and endurance while reducing joint strain. Ideal for fitness enthusiasts seeking a challenging and invigorating exercise experience!

Water Wellness

A refreshing workout that combines low-impact exercises with resistance training. Enhance your strength, flexibility, and cardiovascular health in a supportive, buoyant environment. Perfect for all fitness levels looking for a fun, effective exercise option!

Aqua Fit

Aqua Fit is a low-impact, high-energy workout performed in the water that combines cardio, strength, and flexibility exercises. It provides a full-body workout while being gentle on the joints, making it ideal for a wide range of fitness levels. Whether you're looking to build endurance, improve mobility, or stay active in a supportive environment, Aqua Fit offers an effective and enjoyable option.



Maple Ridge

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