

DROP-IN

Group Fitness Schedule

Effective Date: January 2-March 31

Maple Ridge Leisure Centre

11925 Haney Place

PLEASE NOTE: Pre-registration is required for all fitness classes.

MapleRidge.ca/Fitness for full details.

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

Pre-registered Fitness Classes

Please remember that all classes are now preregistered. Learn more at MapleRidge.ca/Fitness and secure your spot online at MapleRidge.ca/Register

Schedules are subject to change without notice



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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 6:15 AM - 7 AM	Group Spin 6:15 AM - 7 AM	Group Spin 9:30 AM - 10:15 AM	Group Spin 7:30 AM - 8:15 AM
			Group Spin <small>NEW</small> 9:30 AM - 10:30 AM			
	Group Spin 6 PM - 6:45 PM		Group Spin 6 PM - 6:45 PM			
		Group Spin 7 PM - 7:45 PM		Group Spin 7 PM - 7:45 PM		

DEAR RIDERS: If you are new to group spin, the bike requires to be set up based on the individual rider. It is **strongly recommended** that you **arrive 15-minutes prior to the start of the class.**

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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.

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

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.

LUNCH CRUNCH: is a high-intensity 45-minute workout focused on building strength, improving endurance and maximizing your lunch break with efficient, full-body movements.

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.

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.

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.

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.

ZUMBA TONING: this workout **combines elements of traditional** zumba with the addition **of resistance training by using light weights.**

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.



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