

DROP-IN

Group Fitness Schedule

Effective Date: July 27 to September 3

Maple Ridge Leisure Centre

11925 Haney Place



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

MapleRidge.ca/Fitness for full details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Pilates 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 9 AM - 10 AM</p> <p>Low Impact 10:30 AM - 11:30 AM</p> <p>Flow Yoga 12:10 PM - 12:55 PM</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 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>Zumba 7 PM - 8 PM</p>	<p>Zumba Toning 9 AM - 10 AM</p> <p>Power Core 10:30 AM - 11:30 AM</p> <p>HIIT 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 10:30 AM - 11:30 AM</p> <p>Lunch Crunch 12:10 PM - 12:55 PM</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 8:30 AM - 9:30 AM</p> <p>Zumba 12:30 PM - 1:30 PM</p>

ATTENTION

The Fitness Studio will be closed as of September 4. The Fitness Studio will reopen on Thursday, September 10.

Thank you for understanding.

MapleRidge.ca/DropInSchedules

Schedules are subject to change without notice



Maple Ridge



DROP-IN

Group Spin Schedule |

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

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Spin 9:30 AM - 10:15 AM	Group Spin 10:15 AM-11 AM	Group Spin 6:15 AM-7 AM	Group Spin 6:15 AM-7 AM	Group Spin 6:15 AM-7 AM	Group Spin 10:15 AM-11 AM	Group Spin 7:30 AM-8:15 AM

DEAR RIDERS: Our Spin Studio is expanding! The Studio is closed as of July 27. All Group Spin classes will take place in the Fitness Studio between July 27 and September 3.

Some classes have shifted times and locations to accommodate their temporary spaces while still providing the opportunity for you to spin!

MapleRidge.ca/DropInSchedules

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Maple Ridge



DROP-IN

Group Fitness & Spin Schedule | Maple Ridge Leisure Centre

11925 Haney Place

Effective Date: July 1 to July 26

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

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.

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

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.

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.

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.

CARDIO CORE CONDITONING: 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.

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.

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.

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

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

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.



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