

DROP-IN

Group Fitness Schedule

Effective Date: July 1 to July 26

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 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>



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Group Spin Schedule |

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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 6 PM - 6:45 PM	Group Spin 7 PM-7:45 PM	Group Spin 9:30 AM - 10:30 AM	Group Spin 6 PM - 6:45 PM		
			Group Spin 9:30 AM - 10:30 AM	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.

The Spin Studio will be closed on July 27 for a studio expansion. The Spin Studio will reopen on Monday, September 14.

MapleRidge.ca/DropInSchedules

Schedules are subject to change without notice



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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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