

**DROP-IN**

# Group Fitness Schedule

**Maple Ridge Leisure Centre**

11925 Haney Place

**Effective Date: January 1 to March 29**

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

[MapleRidge.ca/Fitness](http://MapleRidge.ca/Fitness) for full details.

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

## Pre-registered Fitness Classes

Please remember that all classes are now preregistered. Learn more at [MapleRidge.ca/Fitness](http://MapleRidge.ca/Fitness) and secure your spot online at [MapleRidge.ca/Register](http://MapleRidge.ca/Register)

Schedules are subject to change without notice



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# Group Fitness Schedule | Spin

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Group Spin</b> 9:30 AM - 10:15 AM	<b>Group Spin</b> 9:30 AM - 10:15 AM	<b>Group Spin</b> 6:15 AM - 7 AM	<b>Group Spin</b> 6:15 AM - 7 AM	<b>Group Spin</b> 6:15 AM - 7 AM	<b>Group Spin</b> 9:30 AM - 10:15 AM	<b>Group Spin</b> 7:30 AM - 8:15 AM
	<b>Group Spin</b> 6 PM - 6:45 PM	<b>Group Spin</b> 7 PM - 7:45 PM	<b>Group Spin</b> 6 PM - 6:45 PM	<b>Group Spin</b> 7 PM - 7:45 PM		
			<b>Group Spin</b> 9:30 AM - <b>10:30 AM</b>			

**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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# Group Fitness & Spin Schedule | Maple Ridge Leisure Centre

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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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