

DROP-IN

Group Fitness & Spin Schedule

Effective Date: September 2-December 31

Albion Community Centre
24165 104 Avenue

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Spin NEW 8:15 AM - 9 AM Body Sculpt 9:30 AM - 10:30 AM	Group Spin 6 AM - 6:45 AM Pilates 10:30 AM - 11:30 AM 20/20/20 5:30 PM - 6:30 PM	 Step & Strength 9:15 AM - 10:15 AM Group Spin 5:30 PM - 6:15 PM Candlelit Yoga 7 PM - 8 PM	 Body Sculpt 10:30 AM - 11:30 AM Flow Yoga 12:30 PM - 1:30 PM Spin & Strength 5:30 PM - 6:15 PM	 Total Body Conditioning 9:15 AM - 10:15 AM Pilates 10:30 AM - 11:30 AM Group Spin 5:30 PM - 6:15 PM Zumba 7 PM - 8 PM	Group Spin 6 AM - 6:45 AM Cardio Core Conditioning NEW 10:30 AM - 11:30 AM	 Group Spin 8 AM - 8:45 AM Power Hour 9:30 AM - 10:30 AM

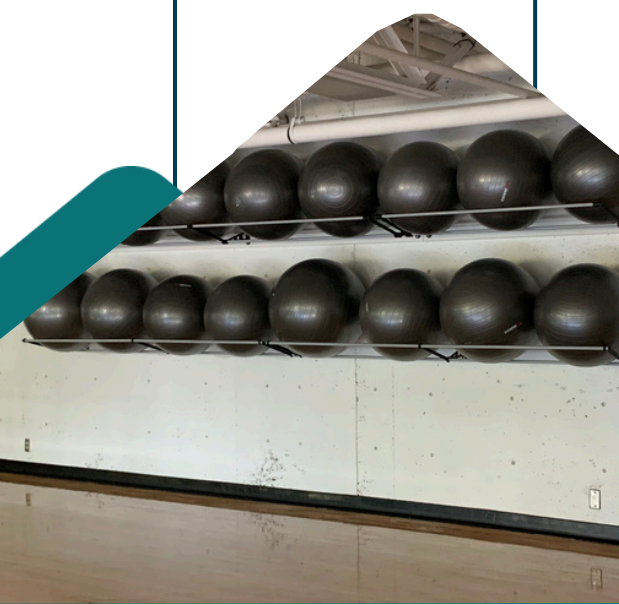
Pre-registered Fitness Classes

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



Maple Ridge



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class descriptions

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.

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

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.

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.

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.

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.

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

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

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.

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