



CITY OF MAPLE RIDGE  
**NEWS RELEASE**

FOR IMMEDIATE RELEASE

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**Maple Ridge Launches Online Fitness Videos**

**Maple Ridge, BC:** Dr. Henry reminds citizens how important exercise is to maintain physical and mental health as we work together to flatten the curve. The City has launched a series of new fitness videos that feature some of the City’s popular fitness classes to help citizens stay fit.

“Council has been impressed with how the community has come together to support one another,” said Mayor Morden. “City staff have stepped up in creative ways to help citizens stay connected using virtual tools. Delivering fitness classes online is just one example of how we’re adapting.”

The videos will roll out on the City’s website at [mapleridge.ca/2428](http://mapleridge.ca/2428) and Facebook page starting this week. Citizens are encouraged to check back on a regular basis for more classes.

“Parks, Recreation & Culture focuses on wellness and creating connections in the community,” said David Boag, General Manager Parks, Recreation & Culture. “I know that staff and service partners such as fitness instructors have missed connecting with customers. This video series is meeting the direction provided by Dr. Henry to stay connected, even as we stay separate to stop the spread of COVID-19.”

The videos include yoga and various fitness programs that everyone can do in their own home, instructors encourage families to do these workouts together for fun and fitness.