

FITNESS

Schedule August 2019

FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM - 7:00AM MP2	Power Core				Complete Core		
8:50AM - 9:50AM MP1	Complete Core	20/20/20	Total Body Sculpt	Dance Cardio Fit	Total Body Sculpt		
10:15AM - 11:15AM MP1	Muscle & Conditioning	Low Impact		Pilates (MP 2) 10:00AM - 11:00AM	Low Impact	Yoga (MP 2) 10:00AM - 11:00AM	Yoga 10:00AM - 11:00AM
12:10PM - 12:55PM MP1	Total Body Sculpt	Yoga	Dance Cardio Fit	HIIT Complete Core (MP 2)	Yoga	YOUR FITNESS. YOUR STYLE. Find your perfect drop-in class at the Maple Ridge Leisure Centre.  BEGINNER   ALL LEVELS    HIGH INTENSITY	
6:45PM - 7:30PM MP2		HIIT		15/4 6:30PM-7:30PM			
7:00PM - 8:00PM MP2	Yoga						

SPIN SCHEDULE

 **SPIN CLASS NOTE:** Please arrive 15 minutes before class to set up your bike.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM - 7:00AM		Morning Ride	Morning Ride	Morning Ride			
9:00AM - 9:45AM	Cycle Fit	Cycle Fit	Cycle Fit	Beginner Gentle Cycle	Cycle Fit	Super Cycle STARTS 8:45AM!	
12:10PM - 12:55PM		Cycle Fit					
7:00PM - 7:45PM	Beginner Gentle Cycle						
7:30PM - 8:15PM		Cycle Fit		Cycle Fit			

PLEASE NOTE: All classes are subject to change. Visit www.mapleridge.ca/parksandrec for a complete list of hours of operation, closures and schedules.

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BEGINNER FITNESS CLASSES

LOW IMPACT - Work out to music from the 50's to 80's at a decreased pace/impact than traditional classes to protect joints! A great option for those new to fitness or if you are pregnant looking to take a class.



BEGINNER GENTLE CYCLE - A slightly shorter, less intense Spinning class geared towards beginners who would like to improve their cardiovascular fitness.

ALL LEVELS FITNESS CLASSES

COMPLETE CORE - Strengthen your major core muscles, improve balance, posture, and core stability in this class.

MUSCLE & CONDITIONING - Increase physical strength through weight-bearing and resistance exercise. All major muscle groups are worked from head to toe. We finish with core training and stretching for a complete workout.

20/20/20 - This class includes 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching & core work. Enjoy a total body workout.

TOTAL BODY SCULPT - Enjoy a full body workout through a combination of cardio drills, resistance training and more.

YOGA - Develop strength, flexibility and proper body alignment while completing a combination of Yoga postures. May include a meditation component.

PILATES - This class will work to balance all muscle groups and improve overall strength and flexibility. Pilates is a challenging method to sculpt your body, increase your core strength and to feel increased agility in your every day movements.

15/4 - Enjoy a full-body workout. This class is 15 minutes of lower body, 15 minutes of cardio, 15 minutes of upper body and 15 minutes of core.



MORNING RIDE - Focus on cadence, climbs and sprints to improve endurance and strength.

CYCLE FIT - Focus on aerobic endurance conditioning and aerobic interval training.

DANCE CARDIO FIT - Get moving! High energy beats and a fun atmosphere will help you work up a great sweat. No dance experience necessary.

HIGH INTENSITY FITNESS CLASSES

POWER CORE - Challenge your body with this power & strength focused class. Focus on developing & strengthening the core while targeting your abdomen, oblique's, and lower back. Reward your body with an intense work out followed by deep stretching exercises that will benefit your entire body.

HIIT - High intensity interval training with periods of recovery. A time-efficient strength & cardio workout.



SUPER CYCLE - The goal of this class is to build leg strength, while focusing on maintaining a challenging cadence and resistance on hills.