

# GROUP FITNESS

April 1 - June 30, 2022



MAPLE RIDGE

British Columbia

## GROUP FITNESS SCHEDULE

**NOTE |** These classes take place in Multi-Use 1 with the exception of Flow Yoga on Mondays (in Multi-Use 5).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HIIT 6:15 AM - 7:15 AM			STEP & STRENGTH 9:00 AM - 10:00 AM	HIIT 6:15 AM - 7:15 AM	CORE & STRETCH 8:30 AM - 9:30 AM
YOGA 8:45 AM - 9:45 AM			STEP INTERVALS 9:00 AM - 10:00 AM	LOW IMPACT MOVIN' & GROOVIN' 10:15 AM - 11:15 AM	TOTAL BODY CONDITIONING 9:00 AM - 10:00 AM	
	TOTAL BODY CONDITIONING 12:10 PM - 12:55 PM	FLOW YOGA 12:10 PM - 12:55 PM	CARDIO CONDITIONING 12:10 PM - 12:55 PM	YOGA & PILATES FUSION 12:10 PM - 12:55 PM	DEEP STRETCH YIN YOGA 12:10 PM - 12:55 PM	
	HIIT 5:45 PM - 6:45 PM	YOGA FOR WELLNESS 1:15 PM - 2:15 PM	TOTAL BODY CONDITIONING 5:45 PM - 6:45 PM			
	FLOW YOGA* (MU 5) 7:00 PM - 8:00 PM		CANDLE LIT YOGA 7:00 PM - 8:00 PM			
			ZUMBA 8:15 PM - 9:00 PM			

**TOTAL BODY CONDITIONING |** Utilizing equipment such as weights, tubes, bars, and more, this class will challenge your muscles and core to improve overall strength, endurance and conditioning.

**STEP & STRENGTH |** This cardio and strength-based class mixes step cardio with strength training that will definitely leave you feeling like you used your workout time efficiently.

**HIIT |** This high intensity interval training class is a full body workout that builds cardiovascular fitness while improving muscular strength and endurance using rigorous interval training sequences. Although it is a high intensity class, all exercises will have lower intensity options provided and all fitness levels are welcome.

**STEP INTERVALS |** With the step as the tool for cardio and agility intervals, this class is an hour of fun and challenging moves to get your heart pumping.

**YOGA & PILATES FUSION |** A full body workout without straining your body. Combining the strengthening elements of Pilates and the lengthening elements of Yoga for an effective method of exercise.

**CARDIO CONDITIONING |** High and low impact cardio followed by functional core training and a relaxing stretch.

**LOW IMPACT MOVIN' & GROOVIN' |** Move to the rhythm of the music from the 50's to 80's! This workout has a mix of choreographed moves and traditional low impact exercises to protect and strengthen joints. A great option for those new to fitness or those looking for a lower intensity workout.

**CORE & STRETCH |** Using exercises that target the core muscles to improve your overall core function and strength. Finish off with a relaxing stretch.

**ZUMBA |** A fast moving and high energy workout! This aerobic class will lead you through a variety of dance styles in an easy to follow routine that is suitable for all fitness levels. This class is designed to challenge your cardio endurance while having fun.

**ZUMBA TONING |** All the fun and energy of Zumba with an added strength training component! Using weights under three pounds participants will partake in a full body strength workout while keeping the essence of a Zumba class. All ages and activity levels are welcome.

**YOGA |** Develop strength, flexibility and proper body alignment while completing a combination of Yoga postures. Includes a meditation component at the end of class.

**FLOW YOGA |** A creative flow that keeps moving, and will most likely make you sweat. This class will help you develop strength, flexibility and skill level and is sure to leave you feeling energized and de-stressed.

**DEEP STRETCH YIN YOGA |** Enjoy a relaxing Yoga class which involves holding certain poses for a duration to allow for a deep stretch. Includes meditation and breath work.

**CANDLE-LIT YOGA |** Calm your body, settle your mind and find your breath in this relaxation class. Enjoy a peaceful and quiet flowing practice designed to help you find foundational strength, freedom of movement and a connection to your breath.

**YOGA FOR WELLNESS |** Through breathing exercises, yoga poses and a comforting environment, this class will provide you with knowledge on how to reduce stress and soothe your mind on those busy days.

**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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## SPIN SCHEDULE

**NOTE** | These classes take place in Multi-Use 1.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MORNING RIDE 6:15 AM - 7:00 AM	MORNING RIDE 6:15 AM - 7:00 AM	MORNING RIDE 6:15 AM - 7:00 AM		MORNING RIDE 7:30 AM - 8:15 AM
	SPIN FUSION 9:15 AM - 10:00 AM			SPIN FUSION 10:15 AM - 11:00 AM	
CYCLE FIT 7:00 PM - 7:45 PM	SPIN INTERVALS 7:00 PM - 7:45 PM		SPIN INTERVALS 7:00 PM - 7:45 PM		

**SPIN INTERVALS** | This dynamic and fast paced workout combines the cardio challenge of the spin bike with various forms of resistance training to really amp up your workout!

**MORNING RIDE** | Get your day started off on the right foot. Focus on cadence, climbs and sprints to improve endurance and strength.

**CYCLE FIT** | Focus on cadence, climbs and sprints to improve endurance and strength.

**SPIN FUSION** | A great class for seasoned cyclers and beginners alike. Combine the benefits of spin and resistance training without needing to find the extra time. Pairing cadence, climbs and sprints with resistance exercises using weights or bands alongside your bike.



**VIEW ALL DROP-IN SCHEDULES**

Use your phone camera to scan or visit [mapleridge.ca/1444](http://mapleridge.ca/1444) !



**ALL RIDERS ARE WELCOME**

Tension can be individualized.

## ADMISSION RATES + MEMBERSHIPS

	DROP-IN	10* PASS	20* PASS	1 MONTH PASS	3 MONTH PASS	6 MONTH PASS	1 YEAR PASS
<b>Adult or Parent &amp; Tot</b>	\$5.70	\$51.30*	\$91.20*	\$51.30	\$136.80	\$256.50	\$513.00
<b>Child 3Y - 12Y</b>	\$2.90	\$26.10*	\$46.40*	\$26.10	\$69.60	\$130.50	\$261.00
<b>Student 13Y - 18Y &amp; Senior 60Y+</b>	\$3.90	\$35.10*	\$62.40*	\$35.10	\$93.60	\$175.50	\$351.00
<b>Family - 2 adults &amp; their own children/ grandchildren under the age of 19Y</b>	\$10.44	\$98.50*	\$167.20*	\$98.46	\$262.56	\$492.30	\$984.60
HEALTHY BUSINESS (CORPORATE)	SINGLE 3 MONTH PASS	FAMILY 3 MONTH PASS	SINGLE 6 MONTH PASS	FAMILY 6 MONTH PASS	SINGLE 1 YEAR PASS	FAMILY 1 YEAR PASS	
	\$124.36	\$238.69	\$223.04	\$428.09	\$427.50	\$820.50	

\*Denotes pass expires 2 years from date of purchase. Rates do not include applicable tax.