

DROP-IN FITNESS

October - December, 2021



MAPLE RIDGE

British Columbia

GROUP FITNESS SCHEDULE

NOTE | These classes take place in Multi-Use Room 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HIIT 6:15 AM - 7:15 AM				HIIT 6:15 AM - 7:15 AM
YOGA 8:45 AM - 9:45 AM	STEP & STRENGTH 9:00 AM - 10:00 AM		STEP INTERVALS 9:00 AM - 10:00 AM	LOW IMPACT 10:15 AM - 11:15 AM	TOTAL BODY CONDITIONING 10:15 AM - 11:15 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	STEP & STRENGTH 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		
			CANDLE LIT YOGA 7:00 PM - 8:00 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.

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.

TOTAL BODY 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.

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.

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

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 those looking for a lower intensity workout.

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.

DROP-IN FITNESS

October - December, 2021



MAPLE RIDGE

British Columbia

SPIN SCHEDULE

NOTE | These classes take place in Multi-Use Room 2.

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 7:15 AM - 8:00 AM
		SPIN INTERVALS 12:15 PM - 1:00 PM		NOON HOUR RIDE 12:15 PM - 1:00 PM	
CYCLE FIT 7:00 PM - 7:45 PM	SPIN INTERVALS 7:00 PM - 7:45 PM		SPIN INTERVALS 7:00 PM - 7:45 PM		

ALL RIDERS WELCOME!
Tension can be individualized.



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.

NOON HOUR RIDE | Take your lunch break to enjoy a fun spin class. Focus on cadence, climbs and sprints to improve endurance and strength.

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

VIEW ALL DROP-IN SCHEDULES

Use your phone camera to view.



ADMISSION RATES + MEMBERSHIPS

	DROP-IN	10* PASS	20* PASS	1 MONTH PASS	3 MONTH PASS	6 MONTH PASS	1 YEAR PASS
Adult or Parent & Tot	\$5.70	\$51.30*	\$91.20*	\$51.30	\$136.80	\$256.50	\$513.00
Child 3Y - 12Y	\$2.90	\$26.10*	\$46.40*	\$26.10	\$69.60	\$130.50	\$261.00
Student 13Y - 18Y & Senior 60Y+	\$3.90	\$35.10*	\$62.40*	\$35.10	\$93.60	\$175.50	\$351.00
Family - 2 adults & their own children/ grandchildren under the age of 19Y	\$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.