

ACC DROP-IN

July - August, 2022



Welcome to the brand new **Albion Community Centre (ACC)** located at **24165 104 Ave!** The ACC is a 20,000 square foot centre with multi-use rooms, great hall, outdoor amphitheatre and more. Over time, we will be increasing our programming at the facility. Learn more at mapleridge.ca/2536.

ACC GROUP FITNESS SCHEDULE

NOTE | These classes take place in Multi-Use 1/2.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
				FAST & FURIOUS 45 9:15 AM - 10:00 AM
PILATES 10:30 AM - 11:30 AM		BODYWEIGHT BURNER 10:15 AM - 11:15 AM		
		FLOW YOGA 12:00 PM - 1:00 PM		
	CANDLELIT YOGA 7:00 PM - 8:00 PM		ZUMBA 7:00 PM - 8:00 PM	

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.

BODYWEIGHT BURNER | A bodyweight class like no other. A challenging blend of cardio, muscle and core, using no equipment!

CANDLELIGHT YOGA | Yoga by candlelight with a focus on postures, breathing and relaxation. This class brings a balance of physical poses that promote flexibility, balance and strength and other techniques for well-being.

FLOW YOGA | A creative flow that keeps moving and will most likely make you sweat. Increase and improve your strength, flexibility and yogic breath with this de-stressing and energizing class.

PILATES | A form of exercise which concentrates on strengthening the body with an emphasis on core strength, posture, balance and flexibility.

ZUMBA | Join the party! Dance to energetic music with a variety of Latin inspired moves.

FAST & FURIOUS 45 | Weights, cardio & resistance, oh my! Using these three types of training, you're sure to make the most of your 45 minute workout. Challenge your body and welcome that serotonin boost in this special summer series class.

ACC SPORT SCHEDULE

NOTE | ACC Sports take place in the Great Hall. Some equipment available, but we encourage you to bring your own!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BADMINTON /TABLE TENNIS 10:00 AM - 12:00 PM		<div style="text-align: center;"> <p>CLOSURE ALERT The Great Hall will be closed Aug 8-12 (inclusive) - all programs typically scheduled in the Great Hall during those dates are cancelled.</p> </div>		
PICKLEBALL 12:30 PM - 2:30 PM				
	BADMINTON /TABLE TENNIS 5:30 PM - 7:30 PM	BADMINTON /TABLE TENNIS 6:00 PM - 7:45 PM	PICKLEBALL 12:00 PM - 2:00 PM	
				PICKLEBALL 6:00 PM - 7:45 PM



CLICK HERE FOR RATES & MEMBERSHIPS

or visit mapleridge.ca/1461



CLICK HERE FOR DROP-IN SCHEDULES

or visit mapleridge.ca/1447

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE
GENERAL INQUIRIES? | 604-467-7322