

JANUARY 2010

MAPLE RIDGE LEISURE CENTRE



11925 Haney Place
Maple Ridge, BC

Facility Hours

Monday to Friday
Saturday & Sunday

6:00am to 10:00pm
7:00am to 9:30pm

Dates to Remember

Jan 1 - Facility Closed

Fitness Schedule - Maple Ridge January 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	8:50-9:50am Step & Sculpt (Level 4-5)	9-10am Flow Yoga (Level All) NEW	8:50-9:50am PT 60 (Level 2-5)	9-10am Ball Body Blast (Level 2-5) NEW	8:50-9:50am Body Sculpt (Level 4-5)	9-10am PT 60 ** (Level 2-5)	
		10:30-11:30am Fit 101 (Level All) NEW			10:30-11:30am Fit 101 (Level All) NEW		
Afternoon	12:10-12:55pm Ball Body Blast (Level All)	12:10-12:55pm Body Sculpt (Level All)	12:10-12:55pm Step Fusion (Level 2-4)	12:10-12:55pm Core Connection (Level All)	12:10-12:55pm Hatha Yoga (Level All)		
		4:30-5:15pm PT 45 (Level 2-5)		4:30-5:15pm PT 45 Step Fusion (Level 2-5)			
	5:10-5:55pm Cardio Dance Blast ** NEW (Level All)	5:15-6:00pm Pilates 45 (Level All)	5:10-5:55pm Ball Drum Fusion 45 ** (Level All)	5:15-6pm Pilates Ball (Level All)			
Evening	6:00-7:00pm PT 60 ** (Level 2-5)		6:00-7:00pm PT 60 ** (Level 2-5)		** indicates class held in Gymnasium		
	7:10-8:10pm Hatha Yoga ** (Level All)		7:10-8:10pm Pilates/Yoga Combo (Level All) **				

Levels of intensity: Lvl 1-Mild Lvl 2-Mild Plus Lvl 3-Moderate Lvl 4-Moderate Plus Lvl 5-Advanced Lvl All-Suitable for All Levels

Ball Drum Fusion 45 - Feel the rhythm and experience this new and different cardio workout that helps you burn calories and reduce stress by incorporating drumming on the exercise ball with more traditional ball strength and stretch work.

Ball Body Blast - A ball workout alternating between body sculpting, core exercises on the ball and calorie blasting intervals of cardio to transform your body.

Body Sculpt / 45 - Continuous strength building is sure to keep the fires (and fat) burning. This is an intermediate + level work-out that can easily be adapted to most levels.

Cardio Dance Blast - An all out cardio workout combining basic dance movements and your funky attitude. This non-stop workout will melt away fat while boosting your dance skills like never before.

Fit 101 - This low-impact class is a perfect match for a beginner, senior adult or someone just getting back into fitness. Class combines basic easy to follow movements and low-impact aerobics while improving your balance, strength and flexibility.

Hatha Yoga - A gentle yoga that emphasizes posture alignment, core strength, balance, concentration and breath control while enhancing muscle tone, flexibility and a peaceful mind.

Pilates 45 - This is a body conditioning routine that seeks to build flexibility, strength, endurance and coordination and increased circulation.

Pilates / Yoga Combo - A mix of yoga, pilates and traditional stretching. For those who want to focus on flexibility, core stability and relaxation.

Power Yoga - An invigorating flowing sequence of postures with a strong focus on core strength, breath awareness and key alignment.

PT 45 / 60 - A group personal training class that may incorporate cardio, 'supersets', upper & lower body strength, core body stability, balance using a variety of equipment.

Step Fusion - A step class to work you aerobically, combined with toning exercises to firm you up! An excellent class with easy to moderate choreography.

Step & Sculpt - Cardio on the step followed by muscular strength and endurance training. Some step experience required.

Cycle/Spinning Schedule - Maple Ridge January 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		6:15-7am Cycle 45		6:15-7am Cycle 45			
	9-9:45am Cycle 45	9-9:45am Cycle 45	9-9:45am Cycle 45	9-9:45am Cycle 45	9-9:45am Cycle 45	9-10am Cycle 60	9-10am Cycle 60
Afternoon & Evening		12:10-12:55pm Cycle 45		12:10-12:55pm Cycle 45		11:30-12:15am Cycle 45 NEW	10:05-10:35am Power Cycle 45
	5-5:45pm Cycle 45	5:45-6:30pm NEW Power Cycle 45	5-5:45pm Cycle 45	5:45-6:30pm NEW Power Cycle 45	4:30-5:15pm NEW Cycle 45		
	6-6:45pm Cycle 45	7:30-8:15pm Cycle 45	6-6:45pm Cycle 45	7:30-8:15pm Cycle 45			

Cycle 45 / 60

This 45 or 60 minute class will give you a moderate to advanced workout. New riders are welcome and will be encouraged to modify. Please sign-up prior to the class in the spin bike area. We have limited bike numbers. Cycle cancellation line 604-467-7494.

Power Cycle 45

Adding strength to your cardio workout! This class is for the spinner who wants to improve total body conditioning and muscle toning. Attention to upper body and core muscle groups make this class a perfect addition to the spin junkie's routine!

Wondering what cycling is and how to do sign-up?

Cycling is a cardio fitness class done on stationary bikes. Before you attend your class, please ensure you sign-up ahead of time upstairs in the spin bike area. Ask our weight room supervisors or cycle instructors if you have questions!