


















Drop-In Group Fitness Schedule

January - March, 2023

	MON	TUE	WED	THU	FRI	SAT	SUN
8:50-9:50AM	 Yoga/Pilates Fusion (1/2)	 Cardio Step (2/3)	 Yoga (1/2)	 Cardio Mix (2/3)	 Yoga (1/2)	 9:30-10:30am Total Body (2/3)	 9:30-10:30am Weekend HIIT (2/3)
10:10-11:10AM	 Low Impact (1)		 Low Impact (2)		 Low Impact (2)		
5:45-6:45PM	 Cycle Fit (2/3)		 Cycle Fit (2/3)	 Cardio Mix (2/3)			
7-8PM	 Yoga (1/2)			 Yoga (1/2)			

 Yoga/Stretch/Pilates

 Cardio/ Strength

Looking for registered class options? View the Program Guide, visit pittfitandfun.ca or call 604.465.2470.

No Classes: January 1, 2, February 18, 19, 20. Times are subject to change. Visit pittmeadows.ca/parksandrec for hours of operation.
(1) Light/Moderate/Beginner **(2)** Moderate **(3)** High Intensity/Intermediate



City of
Pitt Meadows
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pittmeadows.ca/parksandrec

Drop-In Group Fitness Class Descriptions



All classes are go at your own pace.

Modifications are provided by fitness instructors for all fitness levels.



Arrive 10 minutes before your start time.

There will be no late entry.

Cardio Mix/Step - This high energy class of cardio, choreography and resistance exercises will make you sweat. Note: Thursday incorporate use of the steps.

Low Impact - A total-body low-impact workout without the stress on your joints. Suitable for all ages, beginners or anyone requiring a modified program.

Cycle Fit - All levels class - 45 minute cardio intervals as you build your ride. Followed by 15 minute of strength and stretch. A great low impact class.

Total Body - Sculpt your way through a combination of cardio drills, resistance training and more.

Weekend HIIT - Full body workout of cardio conditioning, resistance intervals and endurance with 'supersets' for the upper & lower body.

Yoga - Variety of basic Hatha/Flow yoga moves for balance, strength & flexibility. Leave feeling relaxed and rejuvenated.

Yoga/Pilates Fusion - Blend of both Yoga & Pilates to strengthen, lengthen and stretch your muscles. The combined exercises will help improve balance, focus and feel relaxed and restored. All are welcome.

View registered fitness class options in the **Program Guide**, at pittfitandfun.ca or call **604.465.2470**.



Scan to view the online Group Fitness Class Schedule.



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