

Drop-In Group Fitness Schedule

January to March 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
8:50-9:50AM	Yoga/Pilates Fusion (1/2)	Cardio Mix/Step (2/3)	Yoga (1/2)		Yoga (1/2)	9:30-10:30am Total Body (2/3)	9:30-10:30am HIIT (2/3)
10:10-11:10AM	Low Impact (1/2)		Low Impact (1/2)		Low Impact (1/2)		
5:45-6:45PM	Cycle Fit (2/3)	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 17, 18, 19, March 29, 30, 31, & April 1. Times are subject to change. Visit pittmeadows.ca/parksandrec for hours of operation. **(1)** Light/Moderate/Beginner **(2)** Moderate **(3)** High Intensity/Intermediate. **Group Fitness Class Capacity:** Cardio/Yoga/Pilates (Maximum of 20 participants), Spin (Maximum of 15 participants).



City of
Pitt Meadows
THE *Natural* PLACE

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.



Enter 10 minutes before your start time.

There will be no early or late entry.



Sign-in at customer service.

You can sign-in 60 minutes prior and attend back-to-back classes. First come, first serve.

Cardio Mix/Step - This high energy class of cardio, choreography and resistance exercises will make you sweat. Tuesday class may incorporate step intervals.

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/or stretch. A great low impact class.

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

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, call **604.465.2470** or email parksandrec@pittmeadows.ca.

Scan to view the online
Group Fitness Schedule.



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