



New Richmond  
Pathways  
Committee

Training and Sport Activities	Calories Burned in 30 mins
Badminton	170
Basketbal (game play)	300
Bicycling (12-13.9mph)	300
Bicycling (14-15.9 mph)	375
Bicycling (16-19 mph)	450
Bicycling >20 mph	615
Bowling	115
Boxing	335
Football (competitive)	335
Frisbee	115
Golf (Carrying Clubs)	205
Golf (Using a Cart)	130
Gymnastics (General)	150
Jump Roping	375
Kayaking	185
Martial Arts	375
Mountain Biking	315
Pickleball	275
Racquetball	260
Rollerblading	260
Skateboarding	185
Soccer (general)	260
Softball (general play)	185
Tai Chi	150
Tennis (general)	260
Volleyball (competitive)	150
Volleyball (general, non competitive)	115
Water Skiing	225
Wrestling	225

Group Ex Classes	Total Calories Burned
Biker Barre	600
Body Attack 30 mins	275
Body Combat Express	424
BodyAttack	555
BodyCombat	565
BodyFlow	270
BodyPump	380
Boot Camp	400
HIIT	375
Kettlebells w/Dirk	700
Kettlebells w/Melissa	350
Long and Lean	200
Silver Sneakers Classic	225
Silver Sneakers Stability	200
Spin	750
Strength II	250
Tabata	500
Tight N Tone	320
Total Body Strength	400
Turbo Kick	500
WERQ Dance	400
Yoga	275
Zumba	400
Zumba Gold	200
Water Aerobics Class	150

Outdoor Activities	Calories Burned in 30 mins
Carrying/Stacking Wood	190
Chopping/Splitting Wood	225
Digging Dirt	190
Mowing Lawn (push mower)	165

Centre Activities	Calories Burned (30 minutes)
Arc Trainer	225
Elliptical	335
Fitness On Demand	250
Hand Bike	100
Lap Swim	375
NuStep Machine	100
Recreational Swimming	200
Recumbent Bike	100
Row Machine (easy effort)	125
Row Machine (moderate effort)	260
Row Machine (vigirous effort)	315
Run (5mph/12 min mile)*	300
Run (6 mph/10 min mile)*	375
Run (6.7 mph/9 min mile)*	400
Run (7.2 mph/8 min mile)*	465
Run (8.6 mph/7 min mile)*	540
Run (10 mph/6 min mile)*	615
Seated Elliptical	100
Stair Stepper	225
Upright Bike (easy effort)	200
Upright Bike (moderate effort)	250
Upright Bike (vigirous effort)	370
Video Bike	300
Walk (3.5 mph/17 min mile)*	150
Walk (4.5 mph/13 min mile)*	190
Walk (4mph/15 min mile)*	170
Weight Lifting	115

\*for curve trainer activites multiply calories burned by 1.3

High School Fall Sports	Calories Burned in 1 hour
Cheerleading	300
Girl's Golf	265
Girls Tennis	415
Cross Country	600
Football	900
Boy's Soccer	700
Volleyball	475

For a more accurate and personalized calorie count visit: <https://www.myfitnesspal.com/exercise/lookup>