

### City Centre Community Centre – January – March 31

Time	Mon	Tue	Wed	Thu	Fri	Sat
8:15-9:00am						Cycle Fit
8:30-9:15am					Cycle Fit	
9:00-10:00am						Bootcamp Basics
9:30-10:30am	Power Fit Dance	Yoga Basics	Total Body Conditioning	Hatha Yoga	Pure Stretch	
10:15-11:15am						Flow Yoga
10:45-11:45am	Pure Stretch		Low Impact Cardio and Core	55+ Ease into Fitness		
12:05-12:50pm	Ease into Fitness	Tabata Express	Yoga	Core, Strength and Stretch	Simply Abs	
5:30-6:30pm	Bootcamp			Dance Fit		
6:30-7:30pm			Power Fit Dance			
7:00-7:45pm		Cycle Fit				
7:45-8:45pm		Yoga Basics		Flow Yoga		

- 10 visit card does not apply to yoga. The yoga drop-in rate is \$8.30.
- For the safety and enjoyment of participants, admittance is not permitted after the first five minutes of class.
  - No late entry to any yoga classes.
  - Schedule and instructors are subject to change.
    - Check with facility for holiday hours.
- Call the front desk to reserve your bike for Cycle Fit classes up to 3 days prior.
  - Bring water and towel.

City Centre Community Centre  
 5900 Minoru Blvd.  
 604-204-8588  
[www.richmond.ca/citycentre](http://www.richmond.ca/citycentre)

