

## South Arm Community Centre – January 2 – March 31

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:15-7:00am	Boot Camp	Boot Camp	Cycle Fit	Boot Camp			
8:45-9:45am						Step	
9:00-10:00am	Dance Fit	Total Body Conditioning	Dance Fit	Step and Strength	TBA		Step and Ball Works
9:30-10:15am		Cycle Fit		Cycle Fit			Cycle Fit
10:15-11:15am	Fit and Functional		Fit and Functional		TBA	Total Body Conditioning Circuit	Tabata
10:15-11:30am		Kardio Kick Box		Kardio Kick Box			
11:30am-12:30pm						Yoga	Yoga
12:00-1:00pm	Yoga	Yoga	Yoga	Yoga	Yoga		
5:00-6:00pm	Step and Strength	Total Body Conditioning Circuit	Step	Total Body Conditioning	Dance Fit		
5:15-6:00pm	Cycle Fit		Cycle Fit				
5:30-6:15pm		Cycle Fit		Cycle Fit			
6:15-7:15pm	Total Body Conditioning	Step Basics and Core	Tabata	Step			
7:30-8:30pm	Yoga Basics	Strength and Stretch	Yoga Basics	Strength and Stretch			

- For the safety and enjoyment of participants, admittance is not permitted after the first five minutes of class.
- Admittance to Cycle Fit and Yoga must be 5 minutes prior to start time.
- Schedule and instructors are subject to change.
- Check with facility for holiday hours: No classes: Jan 1, Feb 17 and 18.
- Yoga drop-in \$8.30. Not included with visit card.
- Bring water and towel.
- Grey - child minding available (\$4.15/child and \$2.15/per sibling).
- Registered specialty indoor cycling, yoga, strength training, TRX and dance fitness programs are available. Drop-ins welcome if space permits. Please refer to Parks, Recreation and Culture Guide, in-house schedules or website for details.

South Arm Community Centre  
 8880 Williams Rd.  
 604-238-8060  
[www.richmond.ca/southarm](http://www.richmond.ca/southarm)

