

Steveston Community Centre – January 2 – March 31

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:30-7:15am	Cycle Fit				Cycle Fit		
7:00-8:00am							Run/Walk Club <i>(Free)</i>
7:30-8:15am			Cycle Fit ¹				
7:30-8:30am		Run/Walk Club <i>(Free)</i>			Run/Walk Club <i>(Free)</i>		
8:15-9:00am						Cycle Fit	
9:15-10:15am	Dance and Tone	Total Body Conditioning	Interval Workout		Total Body Conditioning	Dance Fit	Yoga
9:30-10:15am		Cycle Fit ¹		Cycle Fit ¹			
10:00-10:45am							Cycle Fit ¹
10:30-11:30am	Fit and Functional		Fit and Functional		Fit and Functional		
11:00am-12:00pm		Yoga	Yoga	Yoga			
5:45-6:45pm		Interval Workout					
6:15-7:00pm			Cycle Fit ¹				
6:15-7:15pm	Yoga		Yoga				
6:30-7:30pm				Circuit Workout			
7:00-7:45pm		Cycle Fit ¹					

- For the safety and enjoyment of participants, admittance is not permitted after the first five minutes of class.
- Schedule and instructors are subject to change.
- Check with facility for holiday hours.
- Yoga drop-in \$8.30. Yoga 10 visit card available or included in monthly passes
- Bring water and towel.
- ¹Call one hour prior to class start time to reserve a bike.
- Registered specialty indoor cycling, yoga, strength training, TRX and dance fitness programs are available. Drop-ins welcome if space permits. Please refer to in-house schedules or website for details.

Steveston Community Centre
 4111 Moncton St.
 604-238-8080
www.richmond.ca/steveston

