

## West Richmond Community Centre – January – March 31

| Time            | Mon                         | Tue   | Wed                         | Thu   | Fri  | Sat       | Sun                     |
|-----------------|-----------------------------|---|-----------------------------|---|--|-----------|-------------------------|
| 8:30-9:00am     | Cycle Express <sup>2</sup>  | Cycle Express <sup>2</sup>  | Cycle Express <sup>2</sup>  | Cycle Express <sup>2</sup>  | Cycle Express <sup>2</sup>                                 |           |                         |
| 9:15-10:15am    |                             |   |                             |   |  | Step Int. | Total Body Conditioning |
| 9:15-10:30am    | Kardio Kick Box             | Body Sculpt Int.<br><i>(Child minding available 9:00-10:45am)</i> | Yoga – Hatha Flow           | Body Sculpt Int.<br><i>(Child minding available 9:00-10:45am)</i> | Dance Fit<br><i>(Child minding available 9:00-10:45am)</i> |           |                         |
| 10:30-11:00am   |                             |   |                             |   | Pure Stretch   |           |                         |
| 10:30-11:15am   |                             |   |                             |   |  |           | Cycle Fit <sup>2</sup>  |
| 10:35-11:35am   |                             | Low Impact <sup>1</sup>   |                             | Low Impact <sup>1</sup>   |  |           |                         |
| 10:45-11:45am   |                             |   | Body Blast                  |   |  |           |                         |
| 11:00am-12:00pm |                             |   |                             |   | Ease Into Fitness <sup>1</sup>                             |           |                         |
| 11:45am-12:30pm |                             | Cycle Fit <sup>1, 2</sup>   |                             |   |  |           |                         |
| 12:30-1:30pm    | Functional Fit <sup>1</sup> |   | Functional Fit <sup>1</sup> |   | Functional Fit <sup>1</sup>                                |           |                         |
| 1:00-2:00pm     |                             | Zumba Gold 55+ <sup>1</sup>                                       |                             |   |  |           |                         |
| 1:30-2:30pm     |                             |   | Functional Fit <sup>1</sup> |   |  |           |                         |
| 2:30-3:45pm     | Yoga – Ying Yang            |   |                             |   |  |           |                         |
| 6:00-7:00pm     | Cardio Combo                |   |                             |   |  |           |                         |

- 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. Not included with visit card.
- Bring water and towel.
- <sup>1</sup>Suitable for 55+yrs.
- <sup>2</sup>Call at noon the day prior to class to secure a bike.

West Richmond Community Centre  
 9180 No. 1 Rd.  
 604-238-8400  
[www.richmond.ca/westrichmond](http://www.richmond.ca/westrichmond)

