

Hamilton Community Centre – January – March 31

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00-10:00am	Cardio and Core		Core and Strength	Strength and Stretch	Core and Strength		
12:00-1:00pm		Core and Strength					
5:30-6:15pm			Tabata				
7:00-8:00pm		Total Body Conditioning		Total Body Conditioning			
7:30-8:30pm	Yoga*						

- 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 \$8.15. Not included with visit card.
- Bring water and towel.

Hamilton Community Centre
 5140 Smith Dr.
 604-718-8055
www.richmond.ca/hamilton

