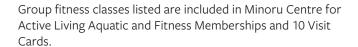
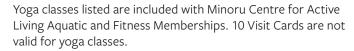


## **Drop-in Group Fitness Schedule**

FALL 2025 - EFFECTIVE SEP 2





Schedules and instructors are subject to change without notice. Class schedule may change or be cancelled on statutory holidays.

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Cycle Fit*</b> 7:30–8:15AM	<b>Cycle Fit*</b> 7:30-8:15AM	Ball Works 7:15-8:00am	Cycle Fit Express* 8:00-8:30AM	Intervals Workout 7:15–8:00am	<b>Cycle Fit*</b> 8:00-8:45am	Cycle Fit Express* 8:00-8:30AM
Pure Stretch** 8:30-9:15AM	<b>Cardio Core**</b> 9:00-10:00AM	Yoga** 8:30–9:30AM Movement 2	<b>Cardio Core**</b> 9:00-10:00AM		Intervals Workout** 9:00–10:00am	<b>Power Fit**</b> 9:00-10:00AM
<b>Core and More**</b> 9:30-10:15AM	<b>Yoga**</b> 9:30–10:30AM <i>Movement 2</i>	<b>Fit4Life**</b> 9:00-10:00am		Yoga** 9:30–10:30AM Movement Studio 2		
	Total Body Conditioning** 10:15-11:15AM		<b>Dance and Tone**</b> 10:15-11:15AM	<b>Power Fit</b> 10:30–11:30am	Yoga** 11:00AM – 12:00PM Movement 2	
		Cycle Fit Express* 11:30AM – 12:00PM	Cycle Fit Express* 12:00 – 12:30pm		Cycle Fit Express* 12:00 – 12:30pm	<b>Yoga**</b> 12:30–1:30pm <i>Movement 2</i>
	<b>Yoga**</b> 1:15–2:15PM Movement 2		<b>Yoga**</b> 1:15 – 2:15PM Movement 2			
	<b>Cycle Fit*</b> 6:45–7:30pm	<b>Dance Fit</b> 5:15–6:15PM Main Hall		Dance Fit** 5:30-6:30PM Starts Sep 11		
	Core and Stretch 7:00-7:45PM Movement 2	<b>Cycle Fit*</b> 6:45–7:30pm	<b>Cycle Fit*</b> 6:45–7:30pm	<b>Yoga**</b> 5:30-6:30PM Movement 2		

#### 3 WAYS TO REGISTER FOR CYCLE FIT CLASSES:

- Online <u>richmond.ca/register</u> (under Registered Visits)
- Phone 604-276-4300, Mon Fri, 8:30AM 5:00PM
- In-person at any community facility

Can't attend after registering? Call 604-233-6225 to cancel so others can sign up.

- \* Registration is required for Cycle Fit classes. Registration opens at 6:00AM on the Tuesday one week prior.
- \*\* Reserve your spot **in-person** for these classes one hour prior to class start time. Reservations cannot be made on another person's behalf. Drop-ins must pay admission at the time of reservation.



# Fitness Class Descriptions & Etiquette

#### GROUP FITNESS CLASS DESCRIPTIONS

#### **BALL WORKS**

Improve balance, strengthen your core and tone muscles using a BOSU and stability ball for a full body workout.

#### **CARDIO PLUS**

Pump it up for a total body workout with low impact cardiovascular moves followed by toning and stretching.

#### **CORE AND MORE**

Strengthen, tone and stretch for a stronger core, limber limbs, and improved posture and balance.

#### **CORE AND STRETCH**

Learn functional and effective exercises with progressive movements that enhance stability, balance and core strength, followed by a full body stretch.

#### **CYCLE FIT**

Climb, sprint and ride to improve strength and cardiovascular fitness in this low impact bike workout designed for all fitness levels.

### **CYCLE FIT EXPRESS**

Try this condensed version of Cycle Fit for a great workout.

#### **DANCE FIT**

Move and groove to a high-energy choreographed cardiovascular workout set to popular music.

#### DANCE AND TONE

Shake, sway and shimmy to popular dance music followed by resistance training for an overall body shape up.

#### FIT4LIFE

Develop strength while improving cardiovascular fitness, balance and agility, in this total body workout.

#### **INTERVALS WORKOUT**

Combine strength, endurance and cardiovascular training in a variety of work-to-rest ratio intervals.

#### **POWER FIT**

Boost strength and stamina in this high-energy class that includes power moves, intervals and challenging core work.

#### **PURE STRETCH**

Improve flexibility and reduce stress in this class that offers basic total body stretching.

#### TOTAL BODY CONDITIONING

Combine body weight exercises with free weights and cardio drills for a total body workout.

## **YOGA**

Lengthen, breathe and relieve stress while balancing the body with gentle yoga poses.

## FITNESS CLASS ETIQUETTE

Keep workouts fun and safe for all with these guidelines:

- Be courteous and respectful towards fellow patrons, staff and equipment.
- Arrive on time for a class. Latecomers are not permitted 5 minutes past the class start time.
- Wear clean and appropriate workout attire, including athletic close-toed running shoes.
- Participate in the warm-up, cool down and stretch to help prevent injury. Each component of the class is equally important.
- Listen to your body and work at your own pace. Ask for help if needed.

- Refrain from video and photo taking, unless authorized.
- Sanitize equipment after use and return items to their proper place.
- Personal items left in a designated space or lockers are at your own risk. Bags and personal items are not permitted on the classroom floor.
- Wristbands are available 10 minutes before class start time.
- If you are new to the class, arrive early and introduce yourself to the instructor. Review the <u>PAR-Q+ Form</u> annually to ensure you are ready to begin exercise.



