

Drop-in Group Fitness Schedule

FALL 2026 – EFFECTIVE SEP 1



Group fitness classes listed are included in Minoru Centre for Active Living Aquatic and Fitness Memberships and 10 Visit Cards.

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
Cycle Fit* 7:30–8:15AM	Yoga* 7:00–8:00AM	Ball Works 7:00–7:45AM	Cycle Fit Express* 8:00–8:30AM	Intervals Workout 7:15–8:00AM <i>Starts Sep 10</i>	Cycle Fit* 8:00–8:45AM	Cycle Fit Express* 8:00–8:30AM
Pure Stretch** 8:30–9:15AM	Cardio Combo** 9:00–10:00AM	Yoga* 8:30–9:30AM <i>Movement 2</i>	Cardio Combo** 9:00–10:00AM		Intervals Workout** 9:00–10:00AM	Power Fit** 9:00–10:00AM
Core and More** 9:30–10:15AM	Yoga* 9:30–10:30AM <i>Movement 2</i>	Fit4Life** 8:45–9:45AM		Yoga* 9:30–10:30AM <i>Movement Studio 2</i>		
	Total Body Conditioning** 10:15–11:15AM		Dance and Tone** 10:15–11:15AM	Power Fit 10:00–11:00AM	Yoga* 11:00AM–12:00PM <i>Movement 2</i>	Yoga* 11:00AM–12:00PM <i>Movement 2</i>
		Cycle Fit Express* 11:30AM–12:00PM	Cycle Fit Express* 12:00–12:30PM	Cycle Fit Express* 11:30AM–12:00PM	Cycle Fit Express* 12:00–12:30PM	
	Yoga* 1:15–2:15PM <i>Movement 2</i>		Yoga* 1:15–2:15PM <i>Movement 2</i>			
	Cycle Fit* 6:45–7:30PM	Dance Fit 5:15–6:15PM <i>Main Hall</i>		H.I.I.T. 5:30–6:15PM Yoga* 5:30–6:30PM <i>Movement 2</i>		
	Core and Stretch 7:00–7:45PM <i>Movement 2</i>		Cycle Fit* 6:45–7:30PM	Cycle Fit* 6:45–7:30PM		

3 WAYS TO REGISTER FOR CYCLE FIT AND YOGA CLASSES:

- Online richmond.ca/register (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 and Yoga 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.

Drop-In Fitness Class Descriptions

BALL WORKOUT

Boost cardio, build strength and improve core stability and balance with engaging exercises that utilize a Bosu or traditional stability ball.

BOOT CAMP

Get back to basics with this high-energy workout that combines bodyweight movements and resistance equipment to build strength and boost endurance for a full body challenge.

CARDIO AND CORE

Blend cardio intervals with targeted core training in this dynamic workout that elevates heart rates and fires up midsections for a stronger, more balanced body.

CARDIO AND STRENGTH

Build a stronger, fitter body with this balanced workout that alternates heart-pumping cardio intervals and resistance training for improved endurance, strength and fitness.

CORE AND MORE

Improve flexibility and posture through a balanced blend of stability work, stretching and full-body conditioning for a stronger and more toned core.

CORE AND STRETCH

Learn functional, progressive exercises to build core strength, stability and balance, followed by a full body stretch to improve flexibility and recovery.

CARDIO COMBO

Boost endurance, burn calories and keep moving strong in this pumped up, total body workout that blends high-energy, low-impact cardio moves.

CYCLE FIT

Build power and stamina with moderate to high-intensity cycling drills that improves cardiovascular fitness and muscle endurance.

DANCE FIT

Move to high-energy music in this fun, choreography-based workout that boosts cardiovascular fitness, maintains motivation and gets hearts pumping.

DANCE AND TONE

Shake, sway and shimmy to upbeat music in this fun, full-body workout followed with light resistance training to build strength and tone muscles.

EASE INTO FITNESS

Start gently with low-intensity cardio, strength and stretching exercises to refresh the body and build confidence. Suitable for beginners or those returning to exercise.

FIT4LIFE

Build a strong foundation with this low-impact, total-body workout to improve strength, cardio fitness, balance and agility for everyday movement and long-term wellness.

FIT AND FUNCTIONAL

Enjoy this fun, low-intensity, full-body workout that focuses on functional movements to improve strength, mobility and fitness for daily activities.

FUNCTIONAL FITNESS

Train with purposeful, functional exercises to improve strength, balance and agility to help move more efficiently in daily life.

H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING)

Push through this fast-paced interval workout to boost cardiovascular fitness, build muscular strength and develop power with short bursts of intense effort and recovery.

KARDIO KICK BOXING

Build power, speed and agility in this high-intensity workout that combines boxing techniques, kicking drills, cardio intervals and strength training.

POWER FIT

Boost strength and stamina in this high-energy workout to push personal limits through combined dynamic power movements, heart-pumping intervals and challenging core work to build full-body strength.

PURE STRENGTH

Build total-body strength emphasizing proper form, controlled movements and progressive overload that target all major muscle groups to boost strength, endurance, metabolism and bone density.

PURE STRETCH

Improve flexibility, ease tension and calm the body with guided stretches and mindful breathing.

ROLL AND RELEASE

Release tension and improve flexibility and range of motion while promoting recovery of tight muscles using a foam roller (required at each session).

STEP

Boost cardio fitness with energizing step bench routines set to upbeat music.

STEP AND MORE

Boost cardio, build endurance and strengthen muscles by combining easy-to-follow step intervals with resistance training.

STEP AND STRENGTH

Keep workouts engaging with this blend of choreographed step routines with strength training that boosts cardio and build muscle.

STRENGTH AND STRETCH

Pair resistance training with a full body stretch to build strength, improve flexibility and support recovery.

STRONG AND STABLE

Combine strength exercises with balance and core training to build overall strength and stability.

TABATA

Combine resistance training, bodyweight exercises, endurance and calisthenics using timed work-to-rest intervals for an efficient full body challenge.

TOTAL BODY CONDITIONING (TBC)

Build strength, endurance and overall fitness with free weights, body weight and cardio drills for a full body workout.

TOTAL BODY CONDITIONING CIRCUIT

Build strength, endurance and overall fitness with free weights, body weight and cardio drills for a full body workout set up in stations.

YOGA

Improve flexibility and strength while reducing stress through gentle, mindful postures and breathing techniques designed to balance body and mind.

Fitness Class Etiquette

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.
- 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 [PAR-Q+ Form](#) annually to ensure you are ready to begin exercise.