

# Drop-in Group Fitness Schedule

FALL 2023 – EFFECTIVE SEPTEMBER 5

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

*Schedules and instructors are subject to change without notice. Classes are 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	<b>Cycle Fit*</b> 7:00–7:45AM	<b>Cycle Fit*</b> 7:30–8:15AM	<b>Burn 360</b> 6:45–7:30AM	<b>Cycle Fit*</b> 8:00–8:45AM	<b>Cycle Express*</b> 8:00–8:30AM
<b>Pure Stretch**</b> 8:30–9:15AM	<b>Cardio and Strength**</b> 9:00–10:00AM	<b>Yoga</b> 8:30–9:30AM <i>Movement Studio 2</i>	<b>Cardio and Strength**</b> 9:00–10:00AM	<b>Strength and Conditioning**</b> 9:00–10:00AM	<b>Interval Training**</b> 9:00–10:00AM	<b>Power Fit**</b> 9:00–10:00AM
<b>Cycle Fit*</b> 9:30–10:15AM	<b>Yoga**</b> 9:30–10:30AM <i>Movement Studio</i>	<b>Fit4Life**</b> 9:00–10:00AM	<b>Dance and Tone**</b> 10:15–11:15AM	<b>Yoga**</b> 9:30–10:30AM <i>Movement Studio 2</i>		
		<b>Cycle Express*</b> 11:30AM–12:00PM	<b>Cycle Express*</b> 12:00–12:30PM	<b>H.I.I.T.**</b> 10:15–11:15AM	<b>Yoga</b> 11:15AM–12:15PM <i>Movement Studio 2</i>	
	<b>Yoga**</b> 1:15–2:15PM <i>Movement Studio 2</i>		<b>Yoga**</b> 1:15–2:15PM <i>Movement Studio 2</i>	<b>Cycle Express*</b> 11:30AM–12:00PM	<b>Cycle Express*</b> 12:00–12:30PM	
	<b>Cycle Fit*</b> 6:45–7:30PM	<b>Dance Fit</b> 5:15–6:15PM <i>Main Hall</i>		<b>Dance Fit**</b> 5:30–6:30PM		
	<b>Pure Stretch</b> 7:00–7:45PM <i>Movement Studio 2</i>	<b>Cycle Fit*</b> 6:45–7:30PM	<b>Cycle Fit*</b> 6:45–7:30PM	<b>Yoga</b> 5:30–6:30PM <i>Movement Studio 2</i>		<b>Yoga</b> 6:00–7:00PM

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

- Online [www.richmond.ca/register](http://www.richmond.ca/register)
- Phone 604-276-4300, Mon – Fri, 8:30AM – 5:00PM
- In-person at any community facility

\* Registration is required for Cycle Fit classes. Registration opens at 6:00am on the Monday one week prior.

\*\* Reserve your spot in-person for this class 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

### **BURN 360**

Boost endurance in this blend of high intensity strength and cardio intervals for an invigorating start to the day.

### **CARDIO AND STRENGTH**

Pump it up for a total body workout with low impact cardio moves followed by a functional strength routine.

### **CYCLE EXPRESS**

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

### **CYCLE FIT**

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

### **DANCE FIT**

Move and groove to a high-energy choreographed cardio 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 a base of strength while improving cardio, balance and agility in this total body workout.

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

Try resistance endurance training in this fast-paced, non-choreographed workout.

### **INTERVAL WORKOUT**

Combine strength, endurance and cardio 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.

### **STRENGTH AND CONDITIONING**

Focus on total body strength using resistance equipment and body weight.

### **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.
- 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.