

Drop-in Group Fitness Schedule

FALL 2024 – EFFECTIVE SEP 3 – DEC 31

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. 10 Visit Cards are not valid for yoga classes.

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	Cycle Fit* 7:30–8:15AM		Cycle Fit* 7:30–8:15AM	Intervals Workout 7:15–8:00AM	Cycle Fit* 8:00–8:45AM	Cycle Fit Express* 8:00–8:30AM
Pure Stretch** 8:30–9:15AM	Cardio Plus** 9:00–10:00AM	Yoga** 8:30–9:30AM <i>Movement 2</i>	Cardio Plus** 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** 9:00–10:00AM		Yoga** 9:30–10:30AM <i>Movement Studio 2</i>		
	Total Body Conditioning** 10:15–11:15AM		Dance and Tone 10:15–11:15AM	Strength and Conditioning 10:15–11:15AM	Yoga** 11:00AM–12:00PM <i>Movement 2</i>	
		Cycle Fit Express* 11:30AM–12:00PM	Cycle Fit Express* 12:00–12:30PM	Core and Stretch 11:30AM–12:00PM	Cycle Fit Express* 12:00–12:30PM	Yoga 12:30–1:30PM <i>Movement 2</i>
	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>		Dance Fit** 5:30–6:30PM		
	Core and Stretch 7:00–7:45PM <i>Movement 2</i>	Cycle Fit* 6:45–7:30PM	Cycle Fit* 6:45–7:30PM	Yoga 5:30–6:30PM <i>Movement 2</i>		

3 WAYS TO REGISTER FOR CYCLE FIT 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 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

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.

STRENGTH AND CONDITIONING

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

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