

MON	TUE	WED	THU	FRI	SAT	SUN
LIFT SHANI 6:15-7:00	HOIST CIRCUIT EXPRESS* FITNESS CENTRE STAFF 6:15-6:45	RISE + RIDE MELINA 7:15 – 8:00	HOIST CIRCUIT EXPRESS* FITNESS CENTRE STAFF 6:15-6:45	NEW! AFTERBURN SHANI 6:15-7:00	VINYASA FLOW TBC 9:15-10:15	NEW! ROCK BOTTOM 🕒 OLGA 9:15-9:45
NEW! AFTERBURN NICOLE F 9:15-10:15	CARDIO KICKBOX KRISTA 9:15-10:15	CYCLING ALL-TERRAIN NICOLE F 9:15-10:15	STEP + STRENGTH KRISTA 9:15-10:15	LIFT NICOLE F 9:15-10:15	CYCLING ALL-TERRAIN CAITLIN 9:15-10:15	NEW! ROCKSTAR ARMS 🕒 OLGA 9:45-10:15
HATHA FLOW* ANGELA M 10:30-11:30	TRX® HIIT B RHONDA 10:00 – 10:45	VIPIR® B RHONDA/ANGELA S 9:30-10:15	CYCLE + STRENGTH ANGELA 10:30-11:30	ROCK + ROW RHONDA 9:15 – 10:15	TRX® CIRCUIT B OLGA 9:30-10:15	CYCLE + CORE NICOLE S 9:15-10:15
FUNCTIONALLY FIT* RHONDA 10:30-11:30	LIFT KRISTA 10:30-11:30	HATHA FLOW* ANGELA M 10:30-11:30	MAT PILATES* BRENDA 10:30-11:30	ZUMBA JAY 10:30-11:30	NEW! AFTERBURN OLGA 10:30-11:30	ZUMBA® (YF)* JENN R 10:30-11:30
TRX® STRONG B RHONDA 12:15-1:00	CYCLE + CORE MICHELLE 12:15-1:00	NEW! AFTERBURN ALISON 12:15-1:00	TRX® HIIT B RHONDA 12:15-1:00	KINESIS CIRCUIT PAT 12:15 – 1:00	ZUMBA® TONING (YF)* JENN R 11:45-12:45	STRETCH + RELEASE NICOLE S 10:30 -11:15
NEW! TABATA EXPRESS NICOLE S 5:30 – 6:00	NEW! ROCK BOTTOM 🕒 OLGA 5:30 – 6:00	NEW! AFTERBURN JANE 5:30-6:30	NEW! TABATA EXPRESS OLGA 5:30 – 6:00	LaBLAST® (YF)* MARGO 6:00-7:00	CLASS LOCATIONS: Group Fitness Studio: Room 2.010 Mind/Body Studio: Room 2.026 Spinning/Rowing: Room 2.027 Kinesis™ Circuit: Room 2.009 HOIST Circuit: Fitness Centre TRX® Classes: Courts/2.035 B BeneFIT class: \$3.50 for Oval Members	
CYCLE + CORE MELINA 5:30-6:30	NEW! ROCKSTAR ARMS 🕒 OLGA 6:00 – 6:30	CYCLING EXPRESS* JANE 6:45 – 7:15	VINYASA FLOW LYNN 5:45-6:45	🕒 Rock Series classes open at the same time online for registration		
NEW! AFTERBURN NICOLE S 6:15 – 7:15	NEW! ROCK SOLID 🕒 OLGA 6:30 – 7:00	STRETCH + RELEASE MICHELLE 6:45 -7:30	LIFT HECTOR 6:15- 7:15	Participants must be a minimum of 16 years old .		
ZUMBA® (YF)* HERCY 7:30-8:30	VINYASA FLOW CHRISTA 5:45-6:45	ZUMBA® TONING (YF)* MERCEDES 7:00-8:00	MAT PILATES* HECTOR 7:30-8:30	YF – Youth Friendly class –Participants 13yrs+ may participate when accompanied by an adult.		
HATHA FLOW* AMY 7:30-8:30	KINESIS CIRCUIT™* SHELDON 5:30-6:15	* - Denotes classes suitable for beginners or for those that are returning to fitness after a leave of absence.				
	CYCLING ALL-TERRAIN SHELDON 6:30-7:30	Childminding is available. Call for more information.				
		All classes are subject to change without notice. For schedule changes and updates, please call or visit the website at richmondoval.ca				
		Members may sign in 3 hours prior to the start of class, by online registration, telephone (778.296.1400) or in-person. Non-members may sign up in person, 30mins prior to the start of the class.				

GROUP FITNESS STUDIO: ROOM 2.010

NEW Afterburn

Experience the afterburn effect with this challenging cardio and strength interval based class. This metabolic conditioning class focuses on large muscle groups and incorporates tabata intervals, designed to keep your heart rate high for maximum fat burning effects.

Cardio Kickbox

A high-energy workout that combines kickboxing combinations with athletic drills. Finish with a functional core conditioning segment that targets the muscles of the abdominals and back.

LIFT

Reving up your metabolism through regular resistance training is the one of the most effective ways to create definition. Using a variety of equipment including barbells and free weights, this class is a great addition to your workout regime.

Functionally Fit

A functionally fit body is a happy body. Improving your functional fitness will go a long way to help prevent injuries, and improve overall mobility. Incorporating balance, core strength, cardio, and resistance training, this class is ideal for the active ager or anyone who wants to perform their daily activities with ease.

LaBlast®

LaBlast® is a partner-free dance fitness program based on all the dances you see on Dancing with the Stars! Created by Dance Champion, Louis Van Amstel, you will blast away calories as you learn classical dances like Disco, Cha Cha, Jive, Salsa, Paso Doble and more!

NEW Rock Bottom



This TOTAL lower-body workout targets the muscles in your legs and glutes. This class will definitely leave you feeling the "burn" and is the perfect addition to any workout routine. Please plan an individual cool down /stretch as this class quickly transitions to Rock Star Arms **All Rock series classes open at the same time for on-line registration.**

NEW Rock Solid



It's time to go beyond sit-ups and traditional crunches. Using a combination of functional and traditional strength exercises, this class will help strengthen the muscles of the core and improve posture. Stability balls, BOSUs, and other pieces of equipment may be used. No warm up included so be ready to work!

NEW Rock Star Arms



Be proud to show off your arms! Using a variety of resistance equipment and body weight exercises, build long lean muscle tissue in the arms, back and chest. No warm up included so be ready to work!

Step + Strength

Cardio and strength all in one! This class begins with a high energy choreographed step segment suitable for beginner and intermediate exercisers and finishes with resistance work that will tone and define the whole body.

ViPR®

ViPR® allows you to train the way we were built to move. Using challenging but functional movement patterns, ViPR® works the body in a variety of intense and purposeful exercises with load, to improve coordination, agility, and dynamic strength. *\$3.50 *BeneFIT Class*

Zumba®

Zumba® fuses hypnotic Latin and International rhythms with easy to follow moves to create a dynamic workout. Zumba® uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Funk, and Bellydance. This feel-happy workout is great for both the body and the mind.

Zumba® Toning

Zumba® with a toning twist! This class combines sculpting exercises with high energy Latin-infused dance moves. Tone and define your body and have a blast doing it.

NEW Tabata Express

This 30-minute high intensity interval training workout consists of strength and cardio intervals of 20 seconds of work followed by 10 seconds of rest for 8 cycles. This class moves quickly and gives a full body workout.

MIND/BODY STUDIO: ROOM 2.026

Hatha Flow

Hatha Flow links traditional Hatha postures into a sequence of movements that "flow" with the breath, creating a gentle and mindful series. Explore standing and seated postures and body balancing asanas designed to increase coordination, stamina and flexibility. No late entries permitted into class.

Mat Pilates

Mat Pilates teaches participants the basic principles of the Pilates Method. With a strong emphasis on proper

technique, Pilates is an effective total body workout that will improve posture by strengthening the muscles of the back and abdominal wall, while creating better mobility in the shoulders, hips and limbs. No previous Pilates experience is required. No late entries permitted into class.

Stretch + Release

Release stress and recharge the body. This soothing stretch from head to toe incorporates the use of tennis balls and other props to help alleviate tension in muscles and connective tissue. No late entries permitted into class.

Vinyasa Flow

This is a dynamic and vigorous style of yoga that links breath with movement by integrating postures that will help build strength and endurance. Suitable for active beginners to advanced students. No late entries permitted into class.

CYCLING/ROWING: ROOM 2.027

Cycle + Core

A 45-minute all-terrain ride, followed by 15 minutes of core conditioning and flexibility work.

Cycle Express

Short on time? No problem. This quick 30-minute cycling class is a great way to fit a workout into your hectic schedule.

Cycle + Strength

The Cycle and Strength class combines all-terrain cycling drills with floor exercises that will strengthen and tone the whole body.

Cycling All-Terrain

This cycling class will simulate riding various types of terrain, speeds and intensities. Cycle at your own pace and enjoy this class filled with motivation and sweat!

Rise + Ride

Start your morning off with a fun 45-minute cycling class that is sure to energize you for the day ahead.

Rock + Row

Row yourself to a fitter and leaner you. This indoor rowing and strength training class is sure to give you a full body workout. Experience all the physical benefits of indoor rowing on our Concept II indoor rowers.

COURTS/ROOM 2.035

NEW TRX® HIIT

A suspension training class that incorporates TRX strength with high intensity cardio intervals. **\$3.50 Benefit class**

NEW TRX® STRONG

A suspension training class designed to work all major muscles groups. TRX® STRONG is a unique and effective way to build whole body strength. **\$3.50 Benefit class**

KINESIS™: ROOM 2.009

Kinesis™ Circuit

Take a state-of-the-art piece of equipment that helps improve functional mobility and combine it with cardio drills and you get Kinesis™ Circuit. It's the perfect blend of balance, strength, endurance, and flexibility and it's only available at the Oval.

FITNESS CENTRE

Hoist Circuit Express

A combination of cardio and resistance stations, the Hoist Circuit Express is a fast and efficient way to improve your overall fitness. Using the Hoist Roc-It equipment, our motivating trainers will guide and encourage you as you transition through the circuit.

DROP-IN CLASS ETIQUETTE

- Participants are required to wear proper athletic attire and footwear where applicable.
- Please arrive early for class. Those arriving late run the risk of forfeiting their spot to those on the waitlist. Please be advised that **late entry into Stretch & Release, yoga and Pilates classes is not permitted.**
- Kindly turn off your cell phones/pagers for the duration of the class.
- Out of consideration to those with allergies, please refrain from wearing fragrances.
- Please bring a personal mat to yoga and pilates classes. Should you require a mat, the ROX SHOP carries a selection of yoga mats for purchase.
- **YF – Youth Friendly class** –Participants 13yrs+ may participate when accompanied by an adult.

Jodi Stokes

Fitness Programmer

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