

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

## GROUP FITNESS STUDIO: ROOM 2.010

### Afterburn

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.

### Functionally Fit

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.

### LIFT

Rev up your metabolism through resistance training. Using a variety of equipment including barbells and free weights, this class is a great addition to your workout regime.

### Rock Bottom

This TOTAL lower-body workout targets the muscles in your legs and glutes. 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.**

### 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. No warm up included so be ready to work!

### Rock Star 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

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®

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.

### Zumba®

Zumba® fuses hypnotic Latin and International rhythms with easy to follow moves to create a dynamic workout. 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.

### LaBlast®

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

## MIND/BODY STUDIO: ROOM 2.026

### NEW: Barre

Barre classes are designed to effectively strengthen, tone and balance the entire body. Workouts integrate the use of the ballet barre, various props and Pilates inspired mat work. These are fun, challenging, no impact classes that focus on small isometric movements for maximum results.

### 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

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 + 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

### TRX® Circuit

A suspension training circuit class that incorporates ViPRs, Kettlebells, Battling Ropes, Sandbags and more!

### NEW TRX® HIIT

A suspension training class that incorporates TRX strength with high intensity cardio intervals.

### 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.

## 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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Richmond Olympic Oval

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