













MON	TUE	WED	THU	FRI	SAT	SUN
AFTERBURN SHANI 6:15-7:00		HOIST CIRCUIT EXPRESS* FITNESS CENTRE STAFF 6:15-6:45		HOIST CIRCUIT EXPRESS* FITNESS CENTRE STAFF 6:15-6:45	MIND BODY SAMPLER* OVAL INSTRUCTORS 9:15-10:15	 ROCK BOTTOM OLGA/JACKIE 9:15-9:45
AFTERBURN NICOLE F 9:15-10:15	CARDIO KICKBOX HECTOR 9:15-10:15	CYCLING ALL-TERRAIN NICOLE F 9:15-10:15	BARRE* KATHRYN 9:15 – 10:15	LIFT NICOLE F 9:15-10:15	CYCLING ALL-TERRAIN CAITLIN 9:15-10:15	 ROCKSTAR ARMS OLGA/JACKIE 9:45-10:15
HATHA FLOW* ANGELA M 10:30-11:30	OUTDOOR! TRX®STRONG MICHELLE  9:30 – 10:15	OUTDOOR! VIPR BOOTCAMP ANGELA/JODI 9:15 – 10:15 - <i>(MEET IN 2010)</i>	STEP + STRENGTH JENN R 9:15-10:15	 OUTDOOR! TRX® YOGA CHRISTA 	TRX® POWER CIRCUIT OLGA 	ZUMBA® (YF)* JENN R/JAY 10:30-11:30
FORM + FUNCTION* PAT 10:30-11:30	LIFT MICHELLE 10:30-11:30	HATHA FLOW* ANGELA M 10:30-11:30	CYCLE + STRENGTH ANGELA 10:30- 11:30	ZUMBA® (YF)* HERCY 10:30-11:30	AFTERBURN OLGA 10:30-11:30	
TRX®HIIT  JODI 12:15-1:00	CYCLE + CORE MICHELLE 12:15-1:00	FORM + FUNCTION* NICOLE F 10:30-11:30	MAT PILATES* KATHRYN 10:30-11:30	STRETCH + RELEASE* PAT 10:30 -11:15	ZUMBA® TONING (YF)* JENN R 11:45-12:45	
OUTDOOR! ZUMBA® (YF)* MERCEDES 5:15 – 6:15	 ROCK BOTTOM OLGA 5:30 – 6:00	AFTERBURN MICHELLE 5:30-6:30	VINYASA FLOW LYNN 5:45-6:45			
CYCLE + CORE JOHN/SHELDON 5:30- 6:30	 ROCKSTAR ARMS OLGA 6:00 – 6:30	 TRX® POWER CIRCUIT CHRIS 	LIFT HECTOR 5:45 – 6:45			
AFTERBURN OLGA 6:30-730	 ROCK SOLID OLGA 6:30 – 7:00	STRETCH + RELEASE* MICHELLE 6:45 -7:30	MAT PILATES HECTOR 7:00 -8:00			
HATHA FLOW* AMY 7:30-8:30	VINYASA FLOW CHRISTA 5:45-6:45	ZUMBA® (YF)* JAY 7:00-8:00				
	KINESIS CIRCUIT™ * MERCEDES 5:30-6:15					
	CYCLING ALL-TERRAIN CAITLIN 6:30-7:30					

CLASS LOCATIONS

Group Fitness Studio: Room 2.010

Spinning/Rowing: Room 2.027

HOIST Circuit: Fitness Centre

Mind/Body Studio: Room 2.026

Kinesis™ Circuit: Room 2.009

TRX® Classes: Courts/2.035



Rock Series classes open at the same time for registration



Intermediate Class Level

YF – Youth Friendly class –Participants 13yrs+ may participate when accompanied by an adult. Participants must be a minimum of **16 years old** unaccompanied.

* Denotes classes suitable for beginners or for those that are returning to fitness after a leave of absence.

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.

TRX, Barre and VIPR now included with membership!
Childminding is available. Call for more information.

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.

Form + Function*

Underpinned by functional fitness, this class will focus on form, alignment, balance, mobility and muscular endurance. You will experience a full body strength training workout with cardiovascular segments that will bring benefits to your everyday life.

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® Bootcamp – Outdoor (Meet in 2010)

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. Class will be held on the Outdoor Plaza – weather permitting. Class will meet in 2010.

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.

MIND/BODY STUDIO: ROOM 2.026

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.

Mind Body Sampler

Experience a variety of your favorite classes, Vinyasa Flow, Mat Pilates, Yogilates and Stretch & Release. Check the online schedule for the featured class and instructor of the week.

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!

COURTS/ROOM 2.035/OUTDOOR PLAZA

TRX® Power Circuit

The ultimate suspension training circuit class that incorporates ViPRs, Kettlebells, Battling Ropes, Sandbags and more! High energy, fun and challenging this class is the total package. Intermediate level class.

TRX® HIIT

HIIT workouts are a proven way to improve endurance, burn fat faster and minimize training time, while still increasing strength and power. This class incorporates TRX strength and conditioning with high intensity cardio intervals. Intermediate level class

TRX® STRONG – Outdoor

Be ready to “feel the burn” as you power through multiple sets of high tension loads in this time-based workout. Class will be held on the Outdoor Plaza – weather permitting. Intermediate level class

NEW: TRX® YOGA – Outdoor

A yoga-inspired workout on the TRX suspension training system will help to develop balance, flexibility, mobility and deep core strength. Please wear shoes and bring a yoga mat. Class will be held on the Outdoor Plaza – weather permitting. Intermediate level 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 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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