

NOV
17
FRIDAY

OVAL OPEN HOUSE

FOR MEMBERS

ROX SHOP
SUPER
SALE

BRING A
GUEST
FREE!



TRY AIKIDO

Ki Aikido is a martial art where calmness of mind, relaxation and natural movement are a source of strength. Leading an opponent's mind rather than using physical strength makes this accessible to all ages and capabilities. See Ki Aikido in action and experience the natural power you have when you unify mind & body. Maximum 10 people per 30 minute session.

RESERVE ONLINE!

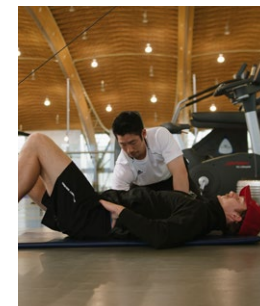
10:30am 11:30am 5:00pm 6:00pm



FUNCTIONAL MOVEMENT ASSESSMENT

The Functional Movement Screen (FMS) is a 15 minute analysis based on sound science, years of innovation and current research. The FMS is used to evaluate quality movement patterns required in every sport and day-to-day activities. FMS will identify movement limitations, muscle imbalances and flexibility concerns. These factors may limit the success of your training program if not addressed properly. Our certified trainers will provide recommendations to each individual related to their specific fitness goals.

NO RESERVATION NEEDED. 10:30am - 12:00pm in the lobby



TRX YOGA MINI-CLASS

Come and try a TRX Yoga mini-class. Great for beginners who would like to find out more about our TRX Yoga drop-in class. Learn basic technique and form, designed to get you ready to join a full class with confidence. Maximum 5 people per 20 minute session.

RESERVE ONLINE!

10:35am 11:00am 11:25am
11:50am 12:15pm

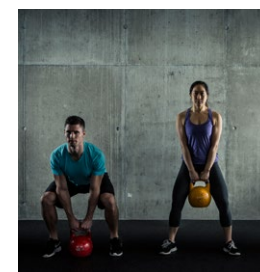


KETTLEBELL DEMO

Looking for a great workout option that will effectively target multiple areas? Try incorporating Kettlebells. Kettlebell exercises demand the use of multiple joints, which engage all the large muscles of the body for maximum training efficiency. Learn how to safely and effectively integrate Kettlebells into your program. Maximum 8 people per 25 minute session.

RESERVE ONLINE!

4:30pm 5:15pm 6:00pm 6:30pm



AN EVENING FOR OVAL MEMBERS

Socialize with friends over appetizers and refreshments within the interactive Olympic Experience. We are pleased to welcome YYoga and New Balance to our member benefits, both of which will be on site to enhance this member experience you won't want to miss!

Members bring one guest for FREE!

Visit the front desk upon arrival to print your complimentary ticket.

richmondoval.ca/ROXunwind

Candlelit Yoga

7:30pm - 8:30pm


Legacy Lounge

Complimentary Mat Rentals

REGISTER
ONLINE



EVENT SCHEDULE

9:30 AM			
10:00 AM			
10:30 AM	Functional Movement Assessment Lobby	TRY AIKIDO Court 1	TRX Yoga Mini-class 2nd Floor Foyer
11:00 AM			
11:30 AM			
12:00 PM			
12:30 PM			
4:00 PM			
4:30 PM	KettleBell Demo 3rd Floor Mezzanine	TRY AIKIDO Court 1	
5:00 PM			
5:30 PM			
6:00 PM			
6:30 PM			
7:00 PM		 An evening for Oval Members Olympic Experience 6:30PM-10:00PM	
7:30 PM			
8:00 PM			
8:30 PM			
9:00 PM			
9:30 PM			

CORPORATE SHOWCASE

9:30 AM					
10:00 AM	Skincare Product Samples Butter Organics Lobby	Optimum Promotion Shoppers Lobby	Foot Scan & Footwear Samples New Balance Lobby	Meet n' Greet Vancouver Ki Society Lobby	Food Sampling OJcafé Lobby
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
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9:30 PM					



Reserve in person, by phone, or online!
778-296-1400 | richmondoval.ca/promo

