

Richmond Olympic Oval Fall Group Fitness Schedule

Fall 2017 | Schedule Effective: September 5 – December 15, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	AFTERBURN 6:15-7:00 SHANI AFTERBURN 9:15-10:15 NICOLE YRIDE CYCLE + YOGA <i>starts Monday October 2nd!</i> 9:30-10:30 JODI HATHA FLOW* 10:30-11:30 ANGELA M FORM + FUNCTION* 10:30-11:30 PAT	HOIST CIRCUIT* 6:15-6:45 FC STAFF CARDIO KICKBOX 9:15-10:15 KRISTA BARRE 9:30-10:15 KATHRYN LIFT 10:30-11:30 KRISTA TRX® STRONG 10:30-11:15 MICHELLE	CYCLE EXPRESS 7:00 – 7:45 MELINA VIPR® BOOTCAMP 9:15-10:15 ANGELA/JODI CYCLE + CORE 9:15-10:15 NICOLE F HATHA FLOW* 10:30-11:30 ANGELA M FORM + FUNCTION* 10:30-11:30 NICOLE	LIFT EXPRESS 6:15-7:00 SHANI STEP + STRENGTH 9:15-10:15 KRISTA BARRE 9:30-10:15 KATHRYN MAT PILATES 10:30-11:30 KATHRYN CYCLE + STRENGTH 10:30 – 11:30 ANGELA	HOIST CIRCUIT* 6:15-6:45 FC STAFF LIFT 9:15-10:15 NICOLE TRX® YOGA 10:30 -11:15 CHRISTA STRETCH + RELEASE* 10:30-11:15 PAT ZUMBA®(YF)* 10:30-11:30 JAY	VINYASA FLOW 9:15 – 10:30 KAREN CYCLING ALL-TERRAIN 9:15-10:15 CAITLIN TRX® POWER CIRCUIT 9:30 -10:15 OLGA AFTERBURN 10:30-11:30 OLGA ZUMBA® TONING (YF)* 11:45-12:45 JENN R	ROCK BOTTOM 9:15-9:45 OLGA ROCKSTAR ARMS 9:45-10:15 OLGA TRX® POWER CIRCUIT 10:30 -11:15 OLGA ZUMBA® (YF)* 10:30-11:30 JENN R	
	LUNCH	TRX® HIIT 12:15-1:00 ASHLEY	CYCLE + CORE 12:15-1:00 MICHELLE	AFTERBURN 12:15-1:00 ALISON	TRX® HIIT 12:15-1:00 JODI	KINESIS CIRCUIT* 12:15-1:00 PAT	CLASS LOCATIONS: GROUP FITNESS STUDIO 2.010 MIND BODY STUDIO 2.026 KINESIS STUDIO 2.009 CYCLING & ROWING STUDIO 2.027 TRX COURT CLASSES COURT 8/COURT 3 TRX PERSONAL TRAINING STUDIO 2.035	
	EVENING	CYCLE + CORE 5:30-6:30 SHELDON/MELINA AFTERBURN 6:00-7:00 OLGA TRX® HIIT 6:45-7:30 SHELDON ZUMBA®(YF)* 7:30-8:30 MIRANDA HATHA FLOW* 7:30-8:30 AMY	ROCK SOLID 5:00-5:30 ROCK BOTTOM 5:30-6:00 ROCKSTAR ARMS 6:00-6:30 OLGA KINESIS CIRCUIT* 5:30-6:15 MERCEDES VINYASA FLOW* 5:45-6:45 CHRISTA CYCLE ALL-TERRAIN 6:30 -7:15 JOHN ZUMBA®(YF)* 6:45-7:45 MERCEDES	AFTERBURN 5:30-6:30 MICHELLE TRX® POWER CIRCUIT 6:00-6:45 CHRIS STRETCH + RELEASE* 6:45-7:30 MICHELLE ZUMBA®(YF)* 7:00-8:00 JAY	VINYASA FLOW* 5:45-6:45 LYNN LIFT 5:45-6:45 HECTOR MAT PILATES 7:00-8:00 HECTOR	LA BLAST 6:00-7:00 MARGO		
		LEGEND: Rock Series Classes open online at the same time. 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.						

GROUP FITNESS STUDIO: ROOM 2.010

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

Revvng 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.

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.

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!

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.**

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!

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® Bootcamp

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

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.

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 45-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!

YRIDE CYCLE + YOGA – starts Monday October 2nd!

Ride and Rejuvenate! This class combines 40 minutes of cycling drills with 20 minutes of energizing yoga sequences, focused on upper body and core strength, finishing with full body stretch and savasana. Registration is open to Oval Members (PerfectMind) and YYoga members (MBO). Mat required.

COURTS/ROOM 2.035

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 on and off TRX strength and conditioning with high intensity cardio intervals. Intermediate level class.

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® YOGA

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/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.
- **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.