




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	CYCLE ALL-TERRAIN 6:15-7:00 SHANI	HOIST CIRCUIT* 6:15-6:45 FC STAFF		LIFT 6:15-7:00 SHANI	HOIST CIRCUIT* 6:15-6:45 FC STAFF	VINYASA FLOW* 9:15 – 10:15 KAREN	BARRE STRONG 9:15-10:00 MIRANDA
	AFTERBURN 9:15-10:15 NICOLE	CARDIO KICKBOX 9:15-10:15 KRISTA	STRONG by ZUMBA 9:15 – 10:00 MARISOL	STEP + STRENGTH 9:15-10:15 KRISTA	LIFT 9:15-10:15 NICOLE	CYCLE ALL-TERRAIN 9:15-10:15 CAITLIN	TRX® POWER CIRCUIT 10:30 -11:15 CHRIS
	YRIDE CYCLE + YOGA 9:15-10:15 CHRISTA	BARRE STRONG 9:30-10:15 LIANA	CYCLE + CORE 9:15-10:15 NICOLE	BARRE* 9:30-10:15 KATHRYN	TRX YOGA 9:30 -10:15 CHRISTA	TRX® POWER CIRCUIT 9:30 -10:15 OLGA	RESTORE & RELEASE* 10:15 – 11:00 MIRANDA
	HATHA FLOW* 10:30-11:30 ANGELA M	LIFT 10:30-11:30 KRISTA	HATHA FLOW * 10:30-11:30 ANGELA M	MAT PILATES* 10:30-11:30 KATHRYN	RESTORE + RELEASE* 10:30-11:15 PAT	AFTERBURN 10:30-11:30 OLGA	ZUMBA®(YF)* 10:30-11:30 JENN
FORM + FUNCTION* 10:30-11:30 PAT	TRX® STRONG 10:30-11:15 MICHELLE	FORM + FUNCTION* 10:30-11:30 HECTOR	TRX® HIIT 10:30 -11:15 CHRIS W	ZUMBA®(YF)* 10:30-11:30 JAY	ZUMBA® TONING (YF)* 11:45 – 12:45 JENN R		
LUNCH	TRX® HIIT 12:15-1:00 ASHLEY	CYCLE + CORE 12:15-1:00 MICHELLE	PILATES STRONG 12:15 -1:00 LIANA	CYCLE ALL-TERRAIN 12:15 -1:00 ANGELA S	TRX® STRONG 12:15 -1:00 CHRIS	CLASS LOCATIONS GROUP FITNESS STUDIO 2.010 MIND BODY STUDIO 2.026 CYCLING & ROWING STUDIO 2.027 TRX COURT CLASSES COURT 8/COURT 3 TRX PERSONAL TRAINING STUDIO 2.035	
	CYCLE + CORE 5:30-6:30 SHELDON/MELINA	TRX YOGA 5:30 – 6:15 MERCEDES <i>Starts January 23, 2018</i>	AFTERBURN 5:30-6:30 MICHELLE	LIFT 5:30-6:30 HECTOR	LABLAST 6:00-7:00 MARGO		
EVENING	AFTERBURN 6:00-7:00 OLGA	LIFT 5:30 – 6:30 OLGA	TRX® POWER CIRCUIT 6:00-6:45 CHRIS	VINYASA FLOW * 5:45-6:45 LYNN			
	BARRE STRONG 6:15 – 7:00 LIANA	VINYASA FLOW* 5:45-6:45 CHRISTA	CYCLE + CORE 6:30 -7:30 JOHN	PILATES STRONG 7:00 – 8:00 HECTOR			
	ZUMBA®(YF)* 7:15-8:15 THAIS	ZUMBA®(YF)* 6:45-7:45 MERCEDES	RESTORE + RELEASE* 6:45-7:30 MICHELLE				
	HATHA FLOW* 7:30-8:30 AMY		ZUMBA®(YF)* 7:00-8:00 JAY				

CLASS LEGEND

-  Increased Challenge
-  Updated Class Format: please view description
-  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.

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.

LA BLAST®

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!

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.

STRONG by Zumba®

Powered by the beat, STRONG combines body weight, muscle conditioning, cardio and plyometrics training. This non-dance based class revolves around High-intensity tempo training. Every move is driven by the music specifically designed by world renowned DJ's like Timbaland, Steve Aoki etc.

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.

MIND/BODY STUDIO: ROOM 2.026

BARRE

Barre workouts target specific muscle groups to sculpt and tone your glutes, thighs, arms and abs. This is achieved through concentrated isometric movements that will work the muscle to fatigue and then stretch to lengthen. Beginners welcome.

BARRE STRONG

Raise the "barre" with this new, more challenging sequence. A results driven routine incorporating elements of barre, strength work and cardio blocks. Isometric movements set to energizing music will have you smiling and feeling the burn. We encourage you to try a Barre classes before jumping into the Barre Strong format.

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. Please bring a yoga mat.

MAT PILATES

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 late entries permitted into class. Beginners welcome. Please bring a yoga mat.

PILATES STRONG

A challenging, full body workout, using Pilates-based deep core strengthening along with challenging high intensity interval training for an intense, fun workout that increases strength, stamina and flexibility. The class is performed with fast paced music making it fun and motivating. Be ready to sweat! Please bring a yoga mat.

RESTORE + RELEASE



Lengthen, decompress, and release the often tight/bound up places in your body. With the support of straps, balls, foam rollers etc. this class will help reverse tension patterns and prevent injury. Please bring a foam roller or myofascial release balls. Tennis balls and straps are provided. 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. Please bring a yoga mat.

CYCLING/ROWING: ROOM 2.027

CYCLE + CORE

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

CYCLE + STRENGTH

The cycle and strength class combine 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

Ride and Rejuvenate! This class combines 40 minutes of cycling drills with 20 minutes of energizing yoga sequences. Registration is open to Oval Members and YYoga members. Mat and athletic shoes required.

COURTS/PT STUDIO 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® STRONG

This class will push you to new levels of strength using the TRX Suspension Trainer and your own body weight. Be ready to "feel the burn" as you power through multiple sets of high tension loads in this time-based workout.

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. Intermediate level class

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 Restore & Release, Yoga, Pilates and 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.
- Please bring a foam roller or myofascial release balls to Release + Restore. The ROX SHOP carries a selection of rollers for sale.
- **YF – Youth Friendly class** –Participants 13yrs+ may participate when accompanied by an adult.
- Child Minding available please contact the front desk 778.296.1400.
- **For more information please contact:**
Jodi Stokes
Fitness Coordinator
jstokes@richmondoval.ca

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.