



RICHMOND OLYMPIC OVAL

GROUP FITNESS SCHEDULE

SUMMER 2018 | Schedule June 4th – September 2nd, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING		HOIST CIRCUIT* 6:15-6:45		LIFT 6:15-7:00	HOIST CIRCUIT* 6:15-6:45	VINYASA FLOW* 9:15 – 10:15	BARRE STRONG 9:15-10:15
	AFTERBURN 9:15-10:15	CARDIO KICKBOX – to June 19 HIIT CARDIO – Starts June 26 9:15-10:15	STRONG <i>by ZUMBA</i> * 9:15 – 10:15	STEP + STRENGTH 9:15-10:15	LIFT 9:15-10:15	CYCLING ALL TERRAIN 9:15 – 10:15	RESTORE + RELEASE* 10:30 – 11:30
	CYCLE + YOGA 9:15 – 10:15	BARRE STRONG 9:15-10:15	CYCLE + CORE 9:15-10:15	BARRE* 9:15-10:15	TRX STRONG 9:15-10:00	TRX® POWER CIRCUIT 9:30 -10:15	ZUMBA®(YF)* 10:30-11:30
	HATHA FLOW* 10:30-11:30	LIFT 10:30-11:30	HATHA FLOW * 10:30-11:30	MAT PILATES* 10:30-11:30	RESTORE + RELEASE* 10:30-11:30	AFTERBURN 10:30-11:30	TRX® POWER CIRCUIT 10:30 -11:15
	FORM + FUNCTION* 10:30-11:30	TRX® STRONG - OUTDOOR 10:30-11:15	FORM + FUNCTION* 10:30-11:30		ZUMBA®(YF)* 10:30-11:30		
LUNCH	TRX® HIIT - OUTDOOR 12:15-1:00	CYCLE + CORE 12:15-1:00		TRX® HIIT – OUTDOOR 12:15-1:00			
	CYCLING ALL TERRAIN 5:45 – 6:30	LIFT 5:45-6:45	AFTERBURN 5:45-6:45	LIFT 5:45-6:45			
EVENING	AFTERBURN 5:45 – 6:45	VINYASA FLOW* 5:45-6:45	TRX® CIRCUIT 6:00-6:45	VINYASA FLOW * 5:45-6:45			
	BARRE STRONG 6:45– 7:45	CYCLING ALL TERRAIN 6:00 – 6:45	RESTORE + RELEASE* 7:00 - 8:00	PILATES STRONG 7:00 - 8:00			
	ZUMBA®(YF)* 7:00-8:00	OVAL BOOTCAMP – OUTDOOR (YF)/2010  7:00–8:00	ZUMBA®(YF)* 7:00-8:00				
	HATHA FLOW* 8:00 – 9:00						

CLASS LOCATIONS:

- GROUP FITNESS STUDIO 2.010
- MIND BODY STUDIO 2.026
- CYCLING STUDIO 2.027
- TRX COURT CLASSES COURT 8
- TRX PERSONAL TRAINING STUDIO 2.035
- OUTDOOR PLAZA as noted

LEGEND

*: SUITABLE FOR BEGINNERS or ACTIVE AGERS
YF: YOUTH FRIENDLY (16+)

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.

HIIT CARDIO

A high-energy cardiovascular workout that combines a variety of athletic interval drills including kickboxing combinations and body weight exercises. Finish with a functional core conditioning segment that targets the muscles of the abdominals and back.

LIFT

Repping 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.

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.

OVAL BOOTCAMP – OUTDOOR PLAZA WEATHER PERMITTING

Oval Bootcamp is a combination class that mixes cardio drills, body weight exercises and a variety of equipment and stations. Prepare to train on a variety of surfaces on the outdoor plaza including stairs, grass, gravel and beach courts. This class will be held in room 2010 in case of heavy rain.

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 result 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.

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.

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.

CYCLING/ROWING: ROOM 2.027 CYCLE + CORE

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

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!

CYCLE + YOGA

Ride and Rejuvenate! This class combines 40 minutes of cycling drills with 20 minutes of energizing yoga sequences.

COURTS/PT STUDIO 2.035

TRX® HIIT – OUTDOOR PLAZA WEATHER PERMITTING

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 - OUTDOOR PLAZA WEATHER PERMITTING

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. Your cardio comes in the form

of two unique blocks of strength exercises that deliver a high intensity 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.

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.

All classes are subject to change without notice. For schedule changes and updates, please call or visit the website at richmondova.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.