

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	RIDE REVOLUTION 6:15-7:05 SHANI	HOIST CIRCUIT 6:15-6:45		SYNERGY 360 WORKOUT 6:15-7:00 SAM	RIDE ENDURE 6:15-7:05 SHANI	RIDE ENDURE 8:15 - 9:10 CAITLIN	RIDE REVOLUTION 8:10 – 9:00 DARCY
	RIDE REVOLUTION 9:15-10:05 JODI	STEP + LIFT /CARDIO KICKBOX 9:15 -10:15 KRISTA	RIDE ELEVATION 9:15-10:05 NICOLE	RIDE FOUNDATION 9:15-10:05 SHELDON	RIDE REVOLUTION 9:15- 10:05 JODI	RIDE ENDURE 9:30 - 10:30 CAITLIN	HATHA YOGA 8:45-9:45 LYNN
	HIIT WORKOUT 9:15-10:15 NICOLE	BARRE SCULPT 9:15-10:15 ELLE	LIFT 9:15-10:15 KRISTINA	HIIT WORKOUT 9:15 -10:15 KRISTINA	LIFT 9:15-10:15 NICOLE	STRONG HITT by ZUMBA 9:15-10:15 MARISOL	RIDE FOUNDATION 9:15-10:05 CHRIS
	HATHA YOGA 10:30-11:30 ELLE	FORM + FUNCTION 10:30-11:30 MERCEDES	HATHA YOGA 10:30-11:30 ELLE	CORE PILATES 10:30-11:30 MERCEDES	ROLL + RESTORE 10:15 – 11:00 PAT	TRX® POWER 9:30-10:15 OLGA	SYNERGY 360 WORKOUT 9:45 – 10:30 SAM
	LIFT 10:30-11:30 KRISTINA	TRX® FIT 10:35 – 11:20 KRISTA	FORM + FUNCTION 10:30-11:30 VAFA	TRX® FIT 10:35 -11:20 KRISTINA	ZUMBA® 10:30 – 11:30 JAY	LIFT 10:30-11:30 OLGA	ZUMBA® 10:30-11:30 JENN R
	MOVE WELL 11:45 – 12:45 LYNN	RIDE ELEVATION 12:10 -1:00 ASHLEY		RIDE REVOLUTION 12:10-1:00 ANGELA		VINYASA 10:30 -11:30 KAREN	TRX® POWER 10:45-11:30 CHRIS
	HIIT WORKOUT 5:45-6:45 OLGA	LIFT 5:45-6:45 MARSOL	HIIT WORKOUT 5:45-6:45 OLGA	LIFT 5:45-6:45 HECTOR		 	
	RIDE ELEVATION 5:45-6:35 SHELDON	VINYASA YOGA 5:45-6:45 CHRISTA	RIDE ENDURE 5:45 - 6:35 MELINA	BARRE SCULPT 5:45-6:45 ELLE			
	ZUMBA® 7:00-8:00 THAIS	RIDE REVOLUTION 6:30 -7:20 DARCY	TRX® POWER 6:00-6:45 CHRIS	RIDE ELEVATION 6:30-7:20 CHRIS			
	CANDLELIGHT HATHA YOGA 7:00-8:00 AMY	ZUMBA® 7:00-8:00 MARISOL	ZUMBA® 7:00-8:00 JAY	CORE PILATES 7:00-8:00 HECTOR			
		CANDLELIGHT HATHA YOGA 7:45 -8:45 ELLE					

LOWER INTENSITY



MODERATE INTENSITY



HIGHER INTENSITY

MOVE-WELL

Improve strength, balance and flexibility. A great class for beginners, older adults or those working through injuries. This low impact class will include lower intensity strength work with an extended stretch segment. Feel energized and move well!

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.

CANDLELIGHT HATHA YOGA

Set to candlelight this 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.

ROLL + RESTORE

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. Expect a combination of rolling with yoga-inspired stretches.

HOIST CIRCUIT

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.



GROUP FITNESS ETIQUETTE

- RIDE CLASSES: Bike selection is available 26 hours in advance for Oval Members via the OVALfit website. Membership will be validated upon arrival.
- All other classes open 3 hours in advance
- No late entries permitted into RIDE, Yoga or Pilates classes.
- Please bring a yoga mat to Yoga, Barre and Roll + Restore.
- Please refrain from wearing perfumes.

Jodi Stokes

Program Coordinator, Fitness & Wellness
jstokes@richmondoval.ca

STEP + LIFT

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.

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

This class will focus on form, alignment, balance, and muscular endurance. You will experience a light to moderate full body strength training workout with energizing cardiovascular segments. Expect to use a variety of equipment including dumbbells, resistance bands, steps, and mats.

STRONG HITT 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

CORE 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.

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.

BARRE SCULPT

Inspired by barre and ballet conditioning, small Isometric movements set to energizing music will have you smiling and feeling the burn. Create long, lean muscles with this low-impact, high-repetition workout.

RIDE FOUNDATION

This introductory class includes a 5-minute tutorial on bike set-up, the unique features of the Stages SC3 bikes, and proper technique and form. This class will feature a variety of challenging drills, including, functional threshold power tests, aerobic endurance, hill climbs and explosive max power intervals.

HIIT WOROUT

Maximize your caloric burn in this challenging interval-based workout. Utilizing a variety of metabolic training techniques with a focus on large muscle groups and high intensity drills this class will challenge your cardio, strength and core and burn some serious calories!

LIFT

Revvng up your metabolism through resistance training is one of the most effective ways to create muscular definition. Expect a full-body strength-based class using a variety of equipment including barbells and free weights. This class is a great addition to your workout regime.

RIDE REVOLUTION

RIDE REVOLUTION features a variety of challenging drills including, a functional threshold test, aerobic endurance drills, hill climbs and explosive max power intervals. You will train in all 7 intensity zones and conquer the most comprehensive cardiovascular workout!

RIDE ENDURE

RIDE ENDURE focuses on accumulating plenty of time at high aerobic workloads. A great class to improve your aerobic endurance and improve your functional threshold power. Train like an athlete, using maximum oxygen to fuel the long endurance drills!

RIDE ELEVATION

RIDE ELEVATION strengthens muscular systems that power hill climbs. Legs, glutes and core will be challenged with lower cadence, higher resistance drills. This class will improve your ability to crush shorter climbs and improve sustained aerobic capacity.

TRX® POWER CIRCUIT

The ultimate suspension training circuit class that incorporates Kettlebells, Battling Ropes, Sandbags and more! High energy, fun and challenging this class is the total package. This class is held in the Personal training Studio 2025.

TRX®FIT

The ultimate full-body circuit workout. Alternating between strength exercises on the TRX frame with off frame stations utilizing the VIPR's, sandbells, resistance bands and more! This class will teach proper form and technique on the TRX suspension trainers and deliver a comprehensive, challenging workout. This class is held on Court 8.

SYNERGY 360 WOROUT

A dynamic, small group workout on the SYNRY360 in the Fitness Centre. This Athletic workout may include stations such as TRX, landmine, battling ropes, kettle bells, rowing machine and more!