

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
RIDE REVOLUTION 6:15-7:00 SHANI		HOIST CIRCUIT 6:15-6:45 FITNESS CENTRE				SYNERGY 360 6:15 -7:00 FITNESS CENTRE		RIDE REVOLUTION 6:15-7:00 LIT		RIDE ENDURE 8:15 -9:15 CAITLIN		RIDE REVOLUTION 8:00-8:50 DARCY	
RIDE REVOLUTION 9:15-10:05 CHRIS		KICKBOX 9:15 -10:15 KRISTA/HECTOR		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		RIDE FOUNDATION 9:15-10:05 DARCY	
HIIT 9:15-10:15 NICOLE		BARRE SCULPT 9:15-10:15 ELLE		LIFT 9:15-10:15 KRISTINA		HIIT 9:15 -10:15 KRISTINA		LIFT 9:15-10:15 OLGA/NICOLE		ZUMBA® 9:00-10:00 THAIS		ZUMBA® 10:30-11:30 JENN R	
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		LIFT 10:30-11:30 OLGA			
LIFT 10:30-11:30 KRISTINA				FORM + FUNCTION 10:30-11:30 VAFA		LIFT 10:30-11:30 KRISTINA		ZUMBA® 10:30-11:30 JAY		VINYASA YOGA 10:30 -11:30 KAREN			
MOVE WELL 11:45 -12:45 LYNN		RIDE ELEVATION 12:10 -1:00 ASHLEY				RIDE REVOLUTION 12:10-1:00 ANGELA							
HIIT 5:45-6:45 OLGA		BARRE BURN (2010) 5:45-6:45 PAT		HIIT 5:45-6:45 OLGA		LIFT 5:45-6:45 HECTOR							
RIDE ELEVATION 5:45-6:35 DARCY		VINYASA YOGA 5:45-6:45 CHRISTA		RIDE ENDURE 5:45 - 6:35 MELINA		RIDE ELEVATION 6:30-7:20 CHRIS							
ZUMBA® 7:00-8:00 THAIS		RIDE REVOLUTION 6:30-7:20 LIT		ZUMBA® 7:00 -8:00 JAY		CORE PILATES 7:00-8:00 HECTOR							
HATHA YOGA 7:00- 8:00 VAFA		ZUMBA® 7:00-8:00 THAIS											
RIDE REVOLUTION 7:15-8:05 DARCY													



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 via Perfect Mind
- 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
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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.

HATHA YOGA

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.

KICKBOX

A high-energy workout that combines kickboxing combinations with athletic drills. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. 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.

BARRE BURN

Inspired by barre and HIIT conditioning. This class includes small isometric movements to tone the muscles of legs and upper body with HIIT blocks to torch fat and get your heart pumping. Set to energizing music will have you smiling and feeling the burn.

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.

SYNERGY 360 WOROUT

A dynamic, small group workout on the SYNRGY360 in the Fitness Centre. This Athletic workout may include stations such as TRX, landmine, battling ropes, kettle bells, rowing machine and more!

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.

