

Free Try-it Fitness Classes: December 1-14

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|---|---|
| <p>A chance to try a new fitness program before committing to a weekly program! Weekly programs start in January. Get a Great Workout - Meet our Instructors – Try a New Class for Free</p> <p>Registration is required for all try-it classes. Register online at Richmond.ca/register or call 604-238-8422. All try-it classes are for ages 16 years and over, unless indicated. Please use 7 digit barcode to register.</p> | | | | | | <p>1</p> <p>Outdoor Boot Camp 6:15-7:15pm 2724080</p> <p>Kickboxing Drills & Skills 7:30-8:30pm 2724084</p> |
| <p>2</p> <p>Flow Yoga 9:00-10:00am 2724054</p> <p>Vinyasa Yoga – Level 1 10:15-11:15am 2723892</p> <p>Rest and Restore Yoga 11:30-12:30pm 2723899</p> | <p>3</p> <p>Seniors 55+ yrs Weight Training 2:30-3:30pm 2723904</p> | <p>4</p> <p>Indoor Boot Camp 5:00-6:00pm 2724068</p> <p>Yoga Healthy, Hips and Hammies 6:15-7:15pm 2724066</p> <p>Yoga Basics 7:30-8:30pm 2724064</p> | <p>5</p> <p>Lunch Time Yoga 12:00-1:00pm 2724059</p> <p>Vinyasa Yoga Level 2 6:15-7:15pm 2724070</p> <p>Rest and Restore Yoga 7:30-8:30pm 2724072</p> | <p>6</p> <p>Lunch Time Yoga 12:00-1:00pm 2724060</p> <p>Youth 13-18 yrs Weight Training 3:45-4:45pm 2724076</p> <p>Bolly X 7:15-8:15pm 2724074</p> | <p>7</p> <p>Lunch Time Yoga 12:00-1:00pm 2724062</p> <p>Outdoor Boot Camp 6:15-7:15pm 2724078</p> <p>Kickboxing Drills & Skills 7:30-8:30pm 2724082</p> | <p>8</p> <p>Outdoor Boot Camp 6:15-7:15pm 2724081</p> <p>Kickboxing Drills & Skills 7:30-8:30pm 2724085</p> |
| <p>9</p> <p>Flow Yoga 9:00-10:00am 2724055</p> <p>Vinyasa Yoga – Level 1 10:15-11:15am 2724155</p> <p>Rest and Restore Yoga 11:30-12:30pm 2723901</p> | <p>10</p> <p>Seniors 55+ yrs Weight Training 2:30-3:30pm 2723905</p> | <p>11</p> <p>Indoor Boot Camp 5:00-6:00pm 2724069</p> <p>Yoga Healthy, Hips and Hammies 6:15-7:15pm 2724067</p> <p>Yoga Basics 7:30-8:30pm 2724065</p> <p>Online registration for Winter programs begins at 10pm. Richmond.ca/Register</p> | <p>12</p> <p>Lunch Time Yoga 12:00-1:00pm 2724058</p> <p>Vinyasa Yoga Level 2 6:15-7:15pm 2724071</p> <p>Rest and Restore Yoga 7:30-8:30pm 2724073</p> <p>In person and phone registration for Winter programs begins. Call 604-238-8422</p> | <p>13</p> <p>Lunch Time Yoga 12:00-1:00pm 2724061</p> <p>Youth 13-18 yrs Weight Training 3:45-4:45pm 2724077</p> <p>Bolly X 7:15-8:15pm 2724075</p> | <p>14</p> <p>Lunch Time Yoga 12:00-1:00pm 2724086</p> <p>Outdoor Boot Camp 6:15-7:15pm 2724079</p> <p>Kickboxing Drills & Skills 7:30-8:30pm 2724083</p> | |

