

Group Fitness Classes

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
					H.I.I.T. 8:30 - 9:15am	
Power Fit Dance 9:30 - 10:30am			Simply Abs 9:30 - 10:30am	Total Body Conditioning 10:00 - 11:00am	Core & Strength 9:30 - 10:30am	Cycle Fit  11:15 - 12:00am
Pure Stretch 10:45 - 11:30am	Cardio & Strength 12:05 - 12:50pm		Tabata Express 10:45 - 11:30am		Yoga 10:45 - 11:45am	Yoga 12:15 - 1:15pm
		H.I.I.T. 5:30 - 6:15pm				
Cycle Fit  6:30 - 7:15pm		Dance Fit 6:30 - 7:30pm	Power Fit Dance 6:30 - 7:30pm	Cycle Fit  6:30 - 7:15pm		
Yoga 7:45 - 8:45pm		Cycle Fit  7:00 - 7:45pm	Yoga 7:45 - 8:45pm			

Group Fitness Classes are included with a Fitness Pass or can be purchased as a single visit. Class schedule is subject to change.

Attending Classes

- Please take a ticket from reception as proof of payment to be presented at program entry.
- No late entries for yoga, but all other fitness drop in classes have a 5 minute late period.
- 10 visit passes do NOT apply to yoga; the drop in rate for yoga is \$8.75
- Registration for group fitness classes opens Monday the week prior at 6:00am.
- Group fitness classes are included with a Fitness Pass or can be purchased as a single visit. Class schedule is subject to change.

Follow Us!



Cycle Fit Registration

Pre-book your spot for Cycle Fit (drop-in possible if bikes are available):

- Online: richmond.ca/register
- By Phone (City Centre): 604-204-8588
- By Phone (Call Centre): 604-276-4300
 - Monday to Friday, 8:30am to 5pm

Registration for each week of group fitness classes starts at 6:00am on the Monday one week prior.

Group Fitness Classes are included with a Fitness Pass.

Visit Us!



CityCentreCC.ca

Class Descriptions

Cardio & Strength: Pump it up for a total body workout with cardio moves followed by a functional strength routine.

Core & Strength: Core specific or overall strengthening and stretching that utilizes various resistance devices and bodyweight

Cycle Fit: Get fit with speed and resistance drills designed to improve cardio, endurance, and strength. Experience indoor cycling with the big screen synced to your bike through Technogym technology.

Ease into Fitness: Utilize cardio, muscular endurance, and flexibility exercises designed to meet achievable, healthy goals.

H.I.I.T.: High Intensity Interval Training combines resistance and endurance training in a fast-paced, non-choreographed workout.

Power Fit Dance: Move to the rhythms of upbeat music in this fun-filled dance-based cardio class.

Pure Stretch: Full body stretch to increase flexibility, rejuvenating your entire body.

Tabata Express. Combine traditional resistance training, body weight, endurance and calisthenics into a fast paced class.

Total Body Conditioning: Work with a variety of resistance equipment for a head-to-toe strength and endurance routine.

Yoga: Incorporate poses, breathing techniques and positive affirmations to improve coordination, strength and flexibility for sports and other activities.

