

Drop-in Group Fitness Schedule

SPRING 2023 – EFFECTIVE APRIL 1

Group fitness classes listed are included in Minoru Centre for Active Living Aquatic and Fitness Memberships and 10 Visit cards. Yoga classes listed are included with Minoru Centre for Active Living Aquatic and Fitness Memberships.

***Registration is required for Cycle Fit classes. Registration opens at 6:00AM on the Monday one week prior.**

3 WAYS TO REGISTER FOR CYCLE FIT CLASSES:

- Online www.richmond.ca/register
- Phone 604-276-4300, Mon – Fri, 8:30AM – 5:00PM
- In-person at any community facility

Schedules and instructors are subject to change without notice. Classes are cancelled on Statutory holidays.

SUN	MON	TUE	WED	THU	FRI	SAT
▲ Cycle Fit* 7:30–8:15AM	▲ Cycle Fit* 7:30–8:15AM	▲ Cycle Fit* 7:00–7:45AM	▲ Cycle Fit* 7:30–8:15AM		▲ Cycle Fit* 8:00–8:45AM	▲ Cycle Express* 8:00–8:30AM
● Pure Stretch 8:30–9:15AM	■ Cardio and Strength 9:00–10:00AM	● Yoga 8:30–9:30AM <i>Movement Studio 2</i>	■ Total Body Conditioning 9:00–10:00AM	■ Fit4Life 9:00–10:00AM	■ Cardio and Strength 9:00–10:00AM	▲ Power Fit 9:00–10:00AM
▲ Cycle Fit* 9:30–10:15AM	● Yoga 9:15–10:15AM <i>Movement Studio</i>	■ Fit4Life 9:00–10:00AM	■ Dance and Tone 10:15–11:15AM	● Yoga 9:30–10:30AM <i>Movement Studio 2</i>	● Fit and Functional 10:15–11:15AM	
	● Ease into Fitness 10:15–11:15AM	▲ Cycle Express* 11:30AM–12:00PM	▲ Cycle Express* 11:30AM–12:00PM	▲ H.I.I.T. 10:15–11:15AM	● Gentle Yoga 11:15AM–12:15PM <i>Movement Studio 2</i>	
	● Yoga 1:15–2:15PM <i>Movement Studio 2</i>		● Yoga 1:15–2:15PM <i>Movement Studio 2</i>	▲ Cycle Express* 11:30AM–12:00PM	▲ Cycle Express* 12:00–12:30PM	
			■ Strength and Stretch 1:30–2:15PM			
	▲ Cycle Fit* 6:45–7:30PM	■ Dance Fit 5:15–6:15PM <i>Main Hall</i>	■ Core and More 4:30–5:30PM <i>Movement Studio 2</i>	■ Dance Fit 5:15–6:15PM		
	● Pure Stretch 7:00–8:00PM <i>Movement Studio 2</i>	▲ Cycle Fit* 6:45–7:30PM	▲ Cycle Fit* 6:45–7:30PM	● Yoga 5:30–6:30PM <i>Movement Studio 2</i>		● Yoga 6:00–7:00PM

SYNRGY CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
				▲ Synrgy Express 7:15–7:45AM		
■ Synrgy Circuit 11:00–11:45AM	■ Synrgy Circuit 9:15–10:00AM		■ Synrgy Circuit 9:15–10:00AM		■ Synrgy Circuit 9:15–10:00AM	▲ Synrgy Burn 9:15–10:00AM
		■ Synrgy Circuit 7:15–8:00PM		■ Synrgy Circuit 7:15–8:00PM		▲ Synrgy Express 5:30–6:00PM

▲ High Intensity

■ Moderate Intensity

● Low Intensity

FOR FITNESS. FOR FUN. FOR GENERATIONS.

Fitness Class Descriptions & Etiquette

GROUP FITNESS CLASS DESCRIPTIONS

CARDIO AND STRENGTH

Pump it up for a total body workout with low impact cardio moves followed by a functional strength routine.

CORE AND MORE

Strengthen, tone and stretch for a strong core and limber limbs that improve posture and muscular balance.

CYCLE EXPRESS

Try this condensed version of Cycle Fit for lunchtime workout.

CYCLE FIT

Climb, sprint, and ride easy to improve strength and cardio in a low impact spin bike workout designed for all fitness levels.

DANCE FIT

Move and groove to a high-energy choreographed cardio workout set to popular music.

DANCE AND TONE

Shake, sway and shimmy to popular dance music followed by resistance training for an overall body shape up.

EASE INTO FITNESS

Ease into a fitness routine to start on a healthy lifestyle while enjoying a routine of cardio, strength and stretches to tune up the body.

FIT AND FUNCTIONAL

Have fun while getting fit in this low impact well-rounded exercise routine.

FIT4LIFE

Develop a base of strength while improving cardio, balance and agility in this total body workout.

H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING)

Try resistance endurance training in this fast-paced, non-choreographed workout.

POWER FIT

Boost strength and stamina in this high-energy class that includes power moves, intervals and challenging core work.

PURE STRETCH

Improve flexibility and reduce stress in this class that offers basic total body stretching.

STRENGTH AND STRETCH

Use light weights and resistance bands for upper and lower body strength training, followed by a full body stretch. Cardio, balance and agility intervals may be included.

TOTAL BODY CONDITIONING

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

YOGA

Lengthen, breathe and relieve stress while balancing the body with gentle yoga poses.

SYNRGY CLASS DESCRIPTIONS

SYNRGY BURN

Energize and feel the burn in this interval-based functional training class that features this signature piece of equipment in the fitness centre.

SYNRGY CIRCUIT

Target all major muscle groups and feed off the energy of teammates rotating through functional training stations on this signature piece of equipment in the fitness centre.

SYNRGY EXPRESS

Maximize time and efficiency in this 30-minute, full body workout using functional training stations on this signature piece of equipment in the fitness centre.

FITNESS CLASS ETIQUETTE

Keep workouts fun and safe for all with these guidelines:

- Be courteous and respectful towards fellow patrons, staff and equipment.
- Arrive on time for a class. Latecomers are not permitted 5 minutes past the class start time.
- Wear clean and appropriate workout attire, including athletic close-toed running shoes.
- Participate in the warm-up, cool down and stretch to help prevent injury. Each component of the class is equally important.
- Listen to your body and work at your own pace. Ask for help if needed.
- Refrain from video and photo taking, unless authorized.
- Sanitize equipment after use and return items to their proper place.
- Personal items left in a designated space or lockers are at your own risk. Bags and personal items are not permitted on the classroom floor.
- If you are new to the class, arrive early and introduce yourself to the instructor. Review the [PAR-Q+ Form](#) annually to ensure you are ready to begin exercise.