

# Drop-in Group Fitness Schedule

SUMMER 2026 – EFFECTIVE JUL 2



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. 10 Visit Cards are not valid for yoga classes.

*Schedules and instructors are subject to change without notice. Class schedule may change or be cancelled on statutory holidays.*

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Cycle Fit*</b> 7:30–8:15AM	<b>Cycle Fit*</b> 7:30–8:15AM	<b>Ball Works</b> 7:15–8:00AM	<b>Cycle Fit Express*</b> 8:00–8:30AM		<b>Cycle Fit*</b> 8:00–8:45AM	<b>Cycle Fit Express*</b> 8:00–8:30AM
<b>Pure Stretch**</b> 8:30–9:15AM	<b>Cardio Combo**</b> 9:00–10:00AM	<b>Yoga*</b> 8:30–9:30AM <i>Movement 2</i>	<b>Cardio Combo**</b> 9:00–10:00AM		<b>Intervals Workout**</b> 9:00–10:00AM	<b>Power Fit**</b> 9:00–10:00AM
<b>Core and More**</b> 9:30–10:15AM	<b>Yoga*</b> 9:30–10:30AM <i>Movement 2</i>	<b>Fit4Life**</b> 8:45–9:45AM		<b>Yoga*</b> 9:30–10:30AM <i>Movement Studio 2</i>		
	<b>Total Body Conditioning**</b> 10:15–11:15AM		<b>Dance and Tone**</b> 10:15–11:15AM		<b>Yoga*</b> 11:00AM–12:00PM <i>Movement 2</i>	<b>Yoga*</b> 11:00AM–12:00PM <i>Movement 2</i>
		<b>Cycle Fit Express*</b> 11:30AM–12:00PM	<b>Cycle Fit Express*</b> 12:00–12:30PM	<b>Cycle Fit Express*</b> 11:30AM–12:00PM	<b>Cycle Fit Express*</b> 12:00–12:30PM	
	<b>Yoga*</b> 1:15–2:15PM <i>Movement 2</i>		<b>Yoga*</b> 1:30–2:30PM <i>Movement 2</i>			
	<b>Cycle Fit*</b> 6:45–7:30PM	<b>Dance Fit</b> 5:15–6:15PM <i>Main Hall</i>		<b>H.I.I.T.</b> 5:30–6:15PM <hr/> <b>Yoga*</b> 5:30–6:30PM <i>Movement 2</i>		
	<b>Core and Stretch</b> 7:00–7:45PM <i>Movement 2</i>		<b>Cycle Fit*</b> 6:45–7:30PM	<b>Cycle Fit*</b> 6:45–7:30PM		

### 3 WAYS TO REGISTER FOR CYCLE FIT AND YOGA CLASSES:

- Online [richmond.ca/register](https://richmond.ca/register) (under **Registered Visits**)
- Phone 604-276-4300, Mon – Fri, 8:30AM – 5:00PM
- In-person at any community facility

Can't attend after registering? Call 604-233-6225 to cancel so others can sign up.

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

\*\* Reserve your spot **in-person** for these classes one hour prior to class start time. Reservations cannot be made on another person's behalf. Drop-ins must pay admission at the time of reservation.

# Drop-In Fitness Class Descriptions

## **BALL WORKOUT**

Boost cardio, build strength and improve core stability and balance with engaging exercises that utilize a Bosu or traditional stability ball.

## **BOOT CAMP**

Get back to basics with this high-energy workout that combines bodyweight movements and resistance equipment to build strength and boost endurance for a full body challenge.

## **CARDIO AND CORE**

Blend cardio intervals with targeted core training in this dynamic workout that elevates heart rates and fires up midsections for a stronger, more balanced body.

## **CARDIO AND STRENGTH**

Build a stronger, fitter body with this balanced workout that alternates heart-pumping cardio intervals and resistance training for improved endurance, strength and fitness.

## **CORE AND MORE**

Improve flexibility and posture through a balanced blend of stability work, stretching and full-body conditioning for a stronger and more toned core.

## **CORE AND STRETCH**

Learn functional, progressive exercises to build core strength, stability and balance, followed by a full body stretch to improve flexibility and recovery.

## **CARDIO COMBO**

Boost endurance, burn calories and keep moving strong in this pumped up, total body workout that blends high-energy, low-impact cardio moves.

## **CYCLE FIT**

Build power and stamina with moderate to high-intensity cycling drills that improves cardiovascular fitness and muscle endurance.

## **DANCE FIT**

Move to high-energy music in this fun, choreography-based workout that boosts cardiovascular fitness, maintains motivation and gets hearts pumping.

## **DANCE AND TONE**

Shake, sway and shimmy to upbeat music in this fun, full-body workout followed with light resistance training to build strength and tone muscles.

## **EASE INTO FITNESS**

Start gently with low-intensity cardio, strength and stretching exercises to refresh the body and build confidence. Suitable for beginners or those returning to exercise.

## **FIT4LIFE**

Build a strong foundation with this low-impact, total-body workout to improve strength, cardio fitness, balance and agility for everyday movement and long-term wellness.

## **FIT AND FUNCTIONAL**

Enjoy this fun, low-intensity, full-body workout that focuses on functional movements to improve strength, mobility and fitness for daily activities.

## **FUNCTIONAL FITNESS**

Train with purposeful, functional exercises to improve strength, balance and agility to help move more efficiently in daily life.

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

Push through this fast-paced interval workout to boost cardiovascular fitness, build muscular strength and develop power with short bursts of intense effort and recovery.

## **KARDIO KICK BOXING**

Build power, speed and agility in this high-intensity workout that combines boxing techniques, kicking drills, cardio intervals and strength training.

## **POWER FIT**

Boost strength and stamina in this high-energy workout to push personal limits through combined dynamic power movements, heart-pumping intervals and challenging core work to build full-body strength.

## **PURE STRENGTH**

Build total-body strength emphasizing proper form, controlled movements and progressive overload that target all major muscle groups to boost strength, endurance, metabolism and bone density.

## **PURE STRETCH**

Improve flexibility, ease tension and calm the body with guided stretches and mindful breathing.

## **ROLL AND RELEASE**

Release tension and improve flexibility and range of motion while promoting recovery of tight muscles using a foam roller (required at each session).

## **STEP**

Boost cardio fitness with energizing step bench routines set to upbeat music.

## **STEP AND MORE**

Boost cardio, build endurance and strengthen muscles by combining easy-to-follow step intervals with resistance training.

## **STEP AND STRENGTH**

Keep workouts engaging with this blend of choreographed step routines with strength training that boosts cardio and build muscle.

## **STRENGTH AND STRETCH**

Pair resistance training with a full body stretch to build strength, improve flexibility and support recovery.

## **STRONG AND STABLE**

Combine strength exercises with balance and core training to build overall strength and stability.

## **TABATA**

Combine resistance training, bodyweight exercises, endurance and calisthenics using timed work-to-rest intervals for an efficient full body challenge.

## **TOTAL BODY CONDITIONING (TBC)**

Build strength, endurance and overall fitness with free weights, body weight and cardio drills for a full body workout.

## **TOTAL BODY CONDITIONING CIRCUIT**

Build strength, endurance and overall fitness with free weights, body weight and cardio drills for a full body workout set up in stations.

## **YOGA**

Improve flexibility and strength while reducing stress through gentle, mindful postures and breathing techniques designed to balance body and mind.

# Fitness Class Etiquette

## 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.
- Wristbands are available 10 minutes before class start time.
- 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.