

SOUTH ARM COMMUNITY CENTRE

OUTDOOR FITNESS CLASS SCHEDULE

MON

TUES

WED

THURS

FRI

DANCE FIT

9:15-10:00AM

*GLORIA

H.I.I.T

9:15-10:00AM

*CONNIE

DANCE FIT

9:15-10:00AM

*GLORIA

**KARDIO KICK
BOX INTERVAL**

9:15-10:00AM

*CHARLAINE

H.I.I.T

9:15-10:00AM

*CONNIE

YOGA

12:00-12:45PM

*LYNN

YOGA

12:00-12:45PM

*JANICE

YOGA CORE

5:15 - 6:00PM

*PAT

**KARDIO KICK
BOX INTERVAL**

5:15 - 6:00PM

*CHARLAINE

ZUMBA

5:15 - 6:00PM

*WINNIE

TABATA

6:30pm - 7:15PM

*CHARLAINE

POUND

5:15 - 6:00PM

*WINNIE

ZUMBA - TONING

6:30pm - 7:15PM

*CHARLAINE

TO REGISTER:

WWW.RICHMOND.CA

/REGISTER

OR PHONE 604-276-4300

COST: \$5.25+TAX PER CLASS

*REGISTRATION IS REQUIRED FOR
ALL CLASSES

***INSTRUCTORS & CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION**