

GROUP FITNESS REGISTERED VISITS

FEBRUARY 21 - FEBRUARY 27, 2022

Monday Feb 21	Tuesday Feb 22	Wednesday Feb 23	Thursday Feb 24	Friday Feb 25	Saturday Feb 26	Sunday Feb 27
Low Impact Cardio and Core #137746 9:00 - 10:00am	Cycle Fit #137738 8:00-8:45am	Dancefit #138075 9:00-10:00am	Cycle Fit #138194 8:00-8:45am	Total Body Conditioning #138505 9:00-10:00am	Dancefit #138512 9:00-10:00am	Hatha Yoga #138514 9:15-10:15am
Fit & Functional #137766 10:15 - 11:15am	Total Body Conditioning #137734 9:00-10:00am	Fit & Functional #1388092 10:15 - 11:15am	Cardio Core & Strength #138196 9:00-10:00am	Fit & Functional #138508 10:15 - 11:15am		
	Hatha Yoga #137794 11:00-12:00pm	Hatha Yoga #138183 11:00-12:00pm	Low Impact 55+ #138199 10:15-11:15am			
	Hatha Yoga #137814 5:15-6:15pm					

Registration opens on Monday at 6:00 am, one week prior



Register online at richmond.ca/register or call 604-276-4300
Monday to Friday from 8:30 am to 5:00 pm

