

City of Richmond
 Fall 2020 Single Session Outdoor Fitness Classes
 September 2020 - October 2020

SINGLE SESSION OUTDOOR FITNESS CLASSES

Registration for Outdoor Fitness Programs begin the Monday prior at 10:00 AM unless indicated otherwise. Please refer to the registration confirmation in regards to required or suggested equipment.
New programs are added weekly! Check back each week to see what new programs are being offered.

September 14-September 20 - Registration Begins September 8th at 10:00am

CENTRE	OUTDOOR LOCATION	PROGRAM	DATE	DAYS	TIMES	PRICE	EVENT ID
Minoru Centre for Active Living	Minoru Centre for Active Living - North East Plaza	POWER FIT - ADULTS	September 19, 2020	Saturday	09:15AM - 10:00AM	\$5.25	44785
Thompson Community Centre	Thompson Community Centre - Field by Skate Park	DANCE FIT - ADULTS	September 19, 2020	Saturday	09:30AM - 10:15AM	\$5.25	43882
Steveston Community Centre	Steveston Community Centre - Outside Netshed	CYCLEFIT	September 20, 2020	Sunday	09:30AM - 10:15AM	\$5.25	44626

September 21-September 27 - Registration Begins September 14th at 10:00am

CENTRE	OUTDOOR LOCATION	PROGRAM	DATE	DAYS	TIMES	PRICE	EVENT ID
West Richmond Community Centre	West Richmond Community Centre - Near Basketball Courts	CYCLE FIT - ADULTS	September 21, 2020	Monday	09:00AM - 09:45AM	\$5.25	44211
Thompson Community Centre	Thompson Community Centre - Field by Skate Park	FUNCTIONAL TRAINING - ADULTS	September 21, 2020	Monday	09:00AM - 09:45AM	\$5.25	43869
Minoru Centre for Active Living	Minoru Centre for Active Living - North East Plaza	CARDIO AND STRENGTH - ADULTS	September 21, 2020	Monday	09:15AM - 10:00AM	\$5.25	44699
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	DANCE FIT - ADULTS	September 21, 2020	Monday	09:15AM - 10:00AM	\$5.25	45391
West Richmond Community Centre	West Richmond Community Centre - Blue Hugh Boyd Turf	KARDIO KICK BOX - ADULTS	September 21, 2020	Monday	10:00AM - 10:45AM	\$5.25	44638
East Richmond (Cambie) Community Centre	East Richmond (Cambie) Community Centre - West of Front Entrance	TOTAL BODY CONDITIONING - ADULTS	September 21, 2020	Monday	10:00AM - 10:45AM	\$5.25	44124
West Richmond Community Centre	West Richmond Community Centre - Near Basketball Courts	SPIN AND STRENGTH - ADULTS	September 22, 2020	Tuesday	09:00AM - 09:45AM	\$5.25	44356
Thompson Community Centre	Thompson Community Centre - Field by Skate Park	EASE INTO FITNESS - ADULTS	September 22, 2020	Tuesday	09:00AM - 09:45AM	\$5.25	43900
Minoru Centre for Active Living	Minoru Centre for Active Living - North East Plaza	FIT4LIFE - ADULTS	September 22, 2020	Tuesday	09:15AM - 10:00AM	\$5.25	44706
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.) - ADULTS	September 22, 2020	Tuesday	09:15AM - 10:00AM	\$5.25	45393
Steveston Community Centre	Steveston Community Centre - Outside Netshed	LOW IMPACT CARDIO & CORE - ADULTS	September 22, 2020	Tuesday	09:15AM - 10:00AM	\$5.25	44024
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	YOGA: HATHA STYLE - ADULTS	September 22, 2020	Tuesday	12:00PM - 12:45PM	\$5.25	45395
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	KARDIO KICK BOX - ADULTS	September 22, 2020	Tuesday	05:15PM - 06:00PM	\$5.25	45398
Minoru Centre for Active Living	Minoru Centre for Active Living - North East Plaza	DANCE FIT - ADULTS	September 22, 2020	Tuesday	05:30PM - 06:15PM	\$5.25	44766
West Richmond Community Centre	West Richmond Community Centre - Near Basketball Courts	CYCLE FIT - ADULTS	September 23, 2020	Wednesday	09:00AM - 09:45AM	\$5.25	44217
Thompson Community Centre	Thompson Community Centre - Field by Skate Park	FUNCTIONAL TRAINING - ADULTS	September 23, 2020	Wednesday	09:00AM - 09:45AM	\$5.25	43874
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	DANCE FIT - ADULTS	September 23, 2020	Wednesday	09:15AM - 10:00AM	\$5.25	45399
Minoru Centre for Active Living	Minoru Centre for Active Living - North East Plaza	CARDIO AND STRENGTH - ADULTS	September 23, 2020	Wednesday	09:15AM - 10:00AM	\$5.25	44773
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	ZUMBA® - ADULTS	September 23, 2020	Wednesday	05:15PM - 06:00PM	\$5.25	45400
City Centre/Lang Community Centre	Garden City Park - Basketball Court	HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.) - ADULTS	September 23, 2020	Wednesday	05:30PM - 06:15PM	\$5.25	45055
East Richmond (Cambie) Community Centre	East Richmond (Cambie) Community Centre - West of Front Entrance	TOTAL BODY CONDITIONING - ADULTS	September 23, 2020	Wednesday	05:30PM - 06:15PM	\$5.25	44713
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	TABATA - ADULTS	September 23, 2020	Wednesday	06:30PM - 07:15PM	\$5.25	45401
West Richmond Community Centre	West Richmond Community Centre - Near Basketball Courts	SPIN AND STRENGTH - ADULTS	September 24, 2020	Thursday	09:00AM - 09:45AM	\$5.25	44373
Thompson Community Centre	Thompson Community Centre - Field by Skate Park	EASE INTO FITNESS - ADULTS	September 24, 2020	Thursday	09:00AM - 09:45AM	\$5.25	43879
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	KARDIO KICK BOX - ADULTS	September 24, 2020	Thursday	09:15AM - 10:00AM	\$5.25	45403
Steveston Community Centre	Steveston Community Centre - Outside Netshed	HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.) - ADULTS	September 24, 2020	Thursday	09:15AM - 10:00AM	\$5.25	44021
Hamilton Community Centre	Hamilton Community Centre - Hamilton Back Playground	STRENGTH AND STRETCH - ADULTS	September 24, 2020	Thursday	09:45AM - 10:30AM	\$5.25	44473
West Richmond Community Centre	West Richmond Community Centre - Blue Hugh Boyd Turf	YOGA: HATHA STYLE - ADULTS	September 24, 2020	Thursday	10:00AM - 10:45AM	\$5.25	44377
Steveston Community Centre	Steveston Community Centre - Outside Netshed	CYCLE FIT - ADULTS	September 24, 2020	Thursday	11:15AM - 12:00PM	\$5.25	44625
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	YOGA: HATHA STYLE - ADULTS	September 24, 2020	Thursday	12:00PM - 12:45PM	\$5.25	45404
Minoru Centre for Active Living	Minoru Centre for Active Living - North East Plaza	POWER FIT - ADULTS	September 24, 2020	Thursday	05:15PM - 06:00PM	\$5.25	44778
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	POUND - ADULTS	September 24, 2020	Thursday	05:30PM - 06:15PM	\$5.25	45406
Steveston Community Centre	Steveston Community Centre - Outside Netshed	CYCLEFIT - ADULTS	September 24, 2020	Thursday	06:00PM - 06:45PM	\$5.25	44028
Hamilton Community Centre	Hamilton Community Centre - Hamilton Back Playground	STRENGTH AND STRETCH - ADULTS	September 25, 2020	Friday	09:00AM - 09:45AM	\$5.25	44477
West Richmond Community Centre	West Richmond Community Centre - Near Basketball Courts	CYCLE FIT - ADULTS	September 25, 2020	Friday	09:00AM - 09:45AM	\$5.25	44225
Thompson Community Centre	Thompson Community Centre - Field by Skate Park	TOTAL BODY CONDITIONING - ADULTS	September 25, 2020	Friday	09:00AM - 09:45AM	\$5.25	43896
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.) - ADULTS	September 25, 2020	Friday	09:15AM - 10:00AM	\$5.25	45407
Minoru Centre for Active Living	Minoru Centre for Active Living - North East Plaza	TOTAL BODY CONDITIONING - ADULTS	September 25, 2020	Friday	09:15AM - 10:00AM	\$5.25	44782
West Richmond Community Centre	West Richmond Community Centre - Blue Hugh Boyd Turf	DANCE FIT - ADULTS	September 25, 2020	Friday	10:00AM - 10:45AM	\$5.25	44641
Minoru Centre for Active Living	Minoru Centre for Active Living - North East Plaza	POWER FIT - ADULTS	September 26, 2020	Saturday	09:15AM - 10:00AM	\$5.25	44786
Thompson Community Centre	Thompson Community Centre - Field by Skate Park	DANCE FIT - ADULTS	September 26, 2020	Saturday	09:30AM - 10:15AM	\$5.25	43883
Steveston Community Centre	Steveston Community Centre - Outside Netshed	CYCLE FIT - ADULTS	September 27, 2020	Sunday	09:30AM - 10:15AM	\$5.25	44627

September 28-October 4 - Registration Begins September 21st at 10:00am

CENTRE	OUTDOOR LOCATION	PROGRAM	DATE	DAYS	TIMES	PRICE	EVENT ID
West Richmond Community Centre	West Richmond Community Centre - Near Basketball Courts	CYCLE FIT - ADULTS	September 28, 2020	Monday	09:00AM - 09:45AM	\$5.25	44212

Register online at www.richmond.ca/register (24 hours, 7 days a week) or
 call the Registration Call Centre at 604-276-4300 (Monday to Friday from 8:30AM to 5:00PM).

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Thompson Community Centre	Thompson Community Centre - Field by Skate Park	FUNCTIONAL TRAINING - ADULTS	September 28, 2020	Monday	09:00AM - 09:45AM	\$5.25	43870
Minoru Centre for Active Living	Minoru Centre for Active Living - North East Plaza	CARDIO AND STRENGTH - ADULTS	September 28, 2020	Monday	09:15AM - 10:00AM	\$5.25	44700
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	DANCE FIT - ADULTS	September 28, 2020	Monday	09:15AM - 10:00AM	\$5.25	45934
Minoru Centre for Active Living	Minoru Centre for Active Living - Teach Pool	AQUAFIT - SHALLOW	September 28, 2020	Monday	09:15AM - 10:00AM	\$5.25	45606
West Richmond Community Centre	West Richmond Community Centre - Blue Hugh Boyd Turf	KARDIO KICK BOX - ADULTS	September 28, 2020	Monday	10:00AM - 10:45AM	\$5.25	44639
East Richmond (Cambie) Community Centre	East Richmond (Cambie) Community Centre - West of Front Entrance	TOTAL BODY CONDITIONING - ADULTS	September 28, 2020	Monday	10:00AM - 10:45AM	\$5.25	44126
West Richmond Community Centre	West Richmond Community Centre - Near Basketball Courts	SPIN AND STRENGTH - ADULTS	September 29, 2020	Tuesday	09:00AM - 09:45AM	\$5.25	44361
Thompson Community Centre	Thompson Community Centre - Field by Skate Park	EASE INTO FITNESS - ADULTS	September 29, 2020	Tuesday	09:00AM - 09:45AM	\$5.25	44121
Minoru Centre for Active Living	Minoru Centre for Active Living - North East Plaza	FIT4LIFE - ADULTS	September 29, 2020	Tuesday	09:15AM - 10:00AM	\$5.25	44707
Steveston Community Centre	Steveston Community Centre - Outside Netshed	LOW IMPACT CARDIO & CORE - ADULTS	September 29, 2020	Tuesday	09:15AM - 10:00AM	\$5.25	44025
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.) - ADULTS	September 29, 2020	Tuesday	09:15AM - 10:00AM	\$5.25	45935
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	YOGA: HATHA STYLE - ADULTS	September 29, 2020	Tuesday	12:00PM - 12:45PM	\$5.25	45936
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	KARDIO KICK BOX - ADULTS	September 29, 2020	Tuesday	05:15PM - 06:00PM	\$5.25	45937
Minoru Centre for Active Living	Minoru Centre for Active Living - North East Plaza	DANCE FIT - ADULTS	September 29, 2020	Tuesday	05:30PM - 06:15PM	\$5.25	44767
West Richmond Community Centre	West Richmond Community Centre - Near Basketball Courts	CYCLE FIT - ADULTS	September 30, 2020	Wednesday	09:00AM - 09:45AM	\$5.25	44218
Thompson Community Centre	Thompson Community Centre - Field by Skate Park	FUNCTIONAL TRAINING - ADULTS	September 30, 2020	Wednesday	09:00AM - 09:45AM	\$5.25	43875
Minoru Centre for Active Living	Minoru Centre for Active Living - North East Plaza	CARDIO AND STRENGTH - ADULTS	September 30, 2020	Wednesday	09:15AM - 10:00AM	\$5.25	44774
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	DANCE FIT - ADULTS	September 30, 2020	Wednesday	09:15AM - 10:00AM	\$5.25	45938
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	ZUMBA® - ADULTS	September 30, 2020	Wednesday	05:15PM - 06:00PM	\$5.25	45939
City Centre/Lang Community Centre	Garden City Park - Basketball Court	HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.) - ADULTS	September 30, 2020	Wednesday	05:30PM - 06:15PM	\$5.25	45056
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	TABATA - ADULTS	September 30, 2020	Wednesday	06:30PM - 07:15PM	\$5.25	45940
West Richmond Community Centre	West Richmond Community Centre - Near Basketball Courts	SPIN AND STRENGTH - ADULTS	October 1, 2020	Thursday	09:00AM - 09:45AM	\$5.25	46146
Thompson Community Centre	Thompson Community Centre - Field by Skate Park	EASE INTO FITNESS - ADULTS	October 1, 2020	Thursday	09:00AM - 09:45AM	\$5.25	45912
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	KARDIO KICK BOX INTERVAL - ADULTS	October 1, 2020	Thursday	09:15AM - 10:00AM	\$5.25	45950
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	YOGA - HATHA STYLE	October 1, 2020	Thursday	12:00PM - 12:45PM	\$5.25	45951
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	POUND - ADULTS	October 1, 2020	Thursday	05:30PM - 06:15PM	\$5.25	45952
West Richmond Community Centre	West Richmond Community Centre - Near Basketball Courts	CYCLE FIT - ADULTS	October 2, 2020	Friday	09:00AM - 09:45AM	\$5.25	46147
Thompson Community Centre	Thompson Community Centre - Field by Skate Park	TOTAL BODY CONDITIONING - ADULTS	October 2, 2020	Friday	09:00AM - 09:45AM	\$5.25	45913
South Arm Community Centre	South Arm Community Centre - Mini Soccer Field	HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.) - ADULTS	October 2, 2020	Friday	09:15AM - 10:00AM	\$5.25	45953
West Richmond Community Centre	West Richmond Community Centre - Blue Hugh Boyd Turf	DANCE FIT - ADULTS	October 2, 2020	Friday	10:00AM - 10:45AM	\$5.25	46148
Thompson Community Centre	Thompson Community Centre - Field by Skate Park	DANCE FIT - ADULTS	October 3, 2020	Saturday	09:30AM - 10:15AM	\$5.25	45914