

FITNESS CLASS DESCRIPTIONS

Find detailed facility schedules at www.richmond.ca/fitness or at the community recreation facility of your choice.

Classes are broken into three categories:

1. Gentle Fit
2. Multi-level
3. Intermediate-Advanced

1. Gentle Fit Classes

These classes are designed for the new-to-fitness, older adults, or those wanting a gentler workout.

Class type	Includes these specific classes	General description
Functional Training - Cardio	<ul style="list-style-type: none"> • Fit and Functional • Ease into Fitness • Low Impact 	Includes cardio, strength, endurance, balance and flexibility work all set to music.
Functional Training - Strength	<ul style="list-style-type: none"> • Functional Training 	Includes strength, flexibility, coordination and balance work with bands, body bars and/or dumbbells to help manage daily life activities.
Stretch Class	<ul style="list-style-type: none"> • Pure Stretch 	A full body stretch to increase flexibility and relaxation that rejuvenates your entire body.
Yoga	<ul style="list-style-type: none"> • Yoga Basics 	Helps to achieve postures with the use of props and modifications. This class is for those who find stretching to be a challenge or are intimidated by a regular yoga class.

2. Multi-level Classes

These classes are designed to accommodate varying fitness levels, depending on participant levels in a given class.

Class type	Includes these specific classes	General description
Boot Camp	<ul style="list-style-type: none"> • Boot Camp • Boot Camp Express • Circuit Training • Circuit Training Express 	Combines non-choreographed drills, circuits and/or interval training using a variety of resistance and balance equipment.
Cardio Combo	<ul style="list-style-type: none"> • High/Low • Core and Cardio 	Mixes high- and low-impact cardio exercises with stretch and strength components.
Step	<ul style="list-style-type: none"> • Step • Step 'n Ball • Step 'n Strength • Step Beginner 	Partners choreographed step patterns with muscular strength and endurance exercises for a total workout experience.
Dance Fitness	<ul style="list-style-type: none"> • Power Fit Dance • Zumba™ • Dance Fit 	A high-energy choreographed cardio workout set to popular music that may include intervals of power fitness moves.
Running	<ul style="list-style-type: none"> • Run Club 	Group training sessions with other runners that includes a training program and stretching techniques.
Cycle Fit	<ul style="list-style-type: none"> • Cycle Fit 	45 minutes of speed and resistance drills starting with a warm-up, finishing with a cool down. Open to all levels including beginners.
Total Body Conditioning	<ul style="list-style-type: none"> • Total Body Conditioning (TBC) 	Strength and endurance workouts that utilize a variety of resistance equipment and may include some intervals of cardio work.
Strength, Core and Stretch	<ul style="list-style-type: none"> • Abs and Back • Body Sculpt • Core and Strength • Ball Works and Stretch • Ball Workout • Strength and Stretch 	Core-specific or overall strengthening and stretching that utilize various resistance devices and body weight.
Yoga	<ul style="list-style-type: none"> • Flow Yoga • Yoga 	Yoga postures, breathing and relaxation techniques.

3. Intermediate-Advanced Classes

These classes are designed to provide a more serious participant a challenging workout and are not recommended for beginners.

Class type	Includes these specific classes	General description
Interval Training	<ul style="list-style-type: none">• Interval Training• Tabata• Body Blast• HIIT	Includes High Intensity Interval Training (HIIT) that combines resistance and endurance training in a fast-paced, non-choreographed workout.
Kick Boxing	<ul style="list-style-type: none">• Kardio Kick Box	Combines fitness-boxing techniques such as punches and kicks with cardio drills (may include step) and strength components.
Yoga	<ul style="list-style-type: none">• Power Yoga• Yoga Fusion	A vigorous, fitness-based class that includes a variety of postures and sequences. Yoga Fusion includes small weights.