

# Drop-in Group Fitness Schedule

FALL 2026 – EFFECTIVE SEP 1



Group fitness classes listed are included in Minoru Centre for Active Living Aquatic and Fitness Memberships and 10 Visit Cards.

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