

FALL 2020 - Registered Fitness Drop-In Schedule

Beginning Monday, October 19, 2020

MON	TUES	WED	THURS	FRI
9:00-9:45AM POWER FIT DANCE	11:00-11:45AM TABATA	9:30-10:15AM TOTAL BODY CONDITIONING	10:00-10:45AM CYCLE FIT	9:00-9:45AM CYCLE FIT
10:00-10:45AM PURE STRETCH	12:05-12:50PM YOGA	5:30-6:15PM H.I.I.T.	11:15-12:15PM YOGA	
	6:30-7:15PM CYCLE FIT		6:30-7:15PM KARDIO KICK BOX	
	7:45-8:45PM YOGA		7:45-8:45PM YOGA	

REGISTER NOW

Online at richmond.ca/register
By phone at 604-276-4300

Adults (19-54 yrs): \$6.25

Older Adults (55+): \$4.40

Youth (13-18): \$4.40

Yoga (All Ages): \$8.50

Pre-registration is required. Registration for each week of exercise sessions starts at 10:00am on the Monday one week before.



City Centre Community Centre
5900 Minoru Boulevard
citycentrecc.ca/fitness

