

Schedule in effect Monday, Jan. 9, 2012

Winter 2012							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 am		Athletic Intervals 1 2		Cross Train 1 2			
9:30 am	Cardio Mix 1 2	Zumba 1 2	Athletic Intervals 1 2	Total Workout 1 2	Cross Train 1 2	Total Workout (9:00, 75 min.) 1 2	Mind Body (8:45 a.m.) 1 2
10:45 am		Hatha YOGA 1 2			Hatha YOGA 1 2	Hatha YOGA (10:30) 1 2	Athletic Intervals (10:00) 1 2
4:15 pm				Hatha YOGA 2			
5:30 pm	Zumba 1 2		Pure STEP 2				
6:30 pm	Cardio Flex 1 2	Cross Train 1 2	Cardio Flex 1 2				
7:30 pm	YOGA (7:45 p.m.) 1 2		Hatha YOGA 1 2				

- 1** Beginner/Intermediate
- 2** Intermediate/Advanced



Class Descriptions	
Athletic Intervals	Our "Push it to the Max" class! High-intensity intervals of low-choreography STEP or LOW IMPACT coupled with muscle-conditioning drills. Awesome for burning fat & increasing cardiovascular fitness.
Cardio Flex	High-energy, LO-IMPACT cardio patterns followed a 20-minute FitCity Flex segment for a great full body workout! A great cross-training alternative to STEP!
Cardio Mix	Why choose between STEP and HI/LOW IMPACT when you can have both? Cardio Mix blends dynamic STEP aerobics with high-energy HI/LOW IMPACT patterns. The best of both worlds! No flex component.
Cross Train	Prevent boredom, injuries and plateaus with Cross Train. This format uses a variety of activities to improve cardio, muscular strength/endurance and flexibility. The format changes weekly. Expect any combination of the following: STEP, LO-IMPACT, Kickbox, Core Training and FitCity Flex.
Hatha Yoga	Experience tranquility in this class. Participants practice yoga poses designed to stretch and strengthen the body and expand the mind.
MindBody	This class combines softness with strength for your mind and body. Depending on instructor expertise you may experience any or all of: yoga postures, tai chi, ball training and Pilates-inspired core strengthening exercises. One of our most popular FitCity formats and not to be missed!
Pure Cardio	A cardiovascular workout that features LO-IMPACT aerobics, followed by abdominal work and stretching.
Pure STEP	A choreographed cardio class performed on an adjustable platform, followed by abdominal work and stretching.
Total Workout	Get it all without overdoing it! 20 minutes of STEP, 20 minutes of lo-impact, followed by a dynamic FitCity Flex component to complete this total body workout.
Zumba	An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party.

Group Exercise Etiquette

- Please let your instructor know if you are: new, have bone or joint problems, are diabetic, asthmatic or pre/post natal, or are taking any medications that may affect you.
- To avoid overcrowding, a "Clear Floor" policy is enforced. Please use the lockers and cubbies that are available to store personal items. Water-bottles and towels may be kept off to the side.
- In order to ensure your safety and accommodate as many participants as possible, we request that members not casually alternate between gym equipment and classes. Whenever possible, participants are expected to remain on the group exercise floor for the duration of a class. If you must leave early, please inform your instructor.
- To ensure the safety of all participants, entering a class after a warm-up is not permitted. Anyone who attempts to join a class late may be asked to leave the exercise floor.
- Appropriate, non-scoff footwear must be worn at all times in the club and in all classes except Yoga.
- Turn off all handheld communication devices while attending all group exercise classes. Accessing your device while in class will distract other participants and the instructor.
- FitCity for Women is a scent-free facility. Please refrain from using and/or wearing any scented products on the premises.
- For classes with limited space, please take a number from reception upon arrival.
- Most important: HAVE FUN!



Sasha Tennant

Richmond Club Manager

Freddy Li

*BCRPA Supervisor of Fitness Leaders,
ACSM, CanFitPro
Group Exercise Coordinator*

Club Hours

Monday-Friday 6:00 a.m. - 10:00 p.m.

Saturday 7:00 a.m. - 6:00 p.m.

Sunday 8:00 a.m. - 6:00 p.m.

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FitCity
FOR WOMEN
Where fit doesn't mean perfect.



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