

## Aquasize Descriptions

**Note:** Ability to swim is a prerequisite for all deep water workouts.

### 55+ Aquasize

A moderate level class with limited jumping designed for individuals 55 and over

### Athletic Aquasize – Deep

A challenging class in the deep water. For people looking for a serious workout!

### Deep Water Conditioning

A total body workout with focus on cardio conditioning and core strengthening for a high energy class

### Low Impact Aqua

Work at your own pace in this moderate level class. Jumping movements are limited

### Power Water

A moderate to challenging class in shallow water. An excellent full body workout with low impact on joints

### Waterworks

An aquasize class specifically for people with arthritis. Can help relieve stiffness, increase flexibility, and improve strength and endurance

## Specialty Health and Wellness Programs

*All programs held at Watermania unless otherwise stated.*

*HST will be added to the stated program fees below.*

*Registered classes are not held on statutory holidays.*

### Joint Replacement – Pre Op

Developed in partnership with Richmond Health Services, this land and water-based exercise program helps to increase the surgical optimization of joint replacement candidates. Gentle exercises are performed both on land and in a supportive and restorative aquatic environment.

Mon & Thurs..... 1:40pm - 2:45pm ..... Jan 9 - Feb 16 .....200103

*\$87.95/12 sessions*

Mon & Thurs..... 1:40pm - 2:45pm ..... Feb 20 - Mar 29 .....200104

*\$87.95/12 sessions*

### Pass Holders Discount!

All Richmond Aquatics 3 month, 6 month and annual pass holders now receive 20% off any registered fitness program in this flyer!

### Joint Replacement Recovery (JR2) Level 1 & Level 2

This post-operative recovery program helps patients improve range of motion and muscular strength following total hip or knee replacement. The program includes 30 minutes of land exercise followed by 30 minutes of water exercise. Clients are able to take part in either or both of these options. Referral forms are required.

Mon & Thu .. 1:00pm - 2:15pm .. Jan 9 - Feb 16 ..... Level 1 – 200105

..... Level 2 – 200108

*\$87.95/12 sessions*

Mon & Thu .. 1:00pm - 2:15pm .. Feb 20 - Mar 29 ... Level 1 – 200106

..... Level 2 – 200109

*\$87.95/12 sessions*

### Yoga – Plus Size

A yoga class for all levels specifically designed for the plus-size individual. Learn proper breathing techniques, modified yoga poses and relaxation techniques.

Mon ..... 5:45pm - 6:45pm ..... Jan 16 - Apr 2 .....200111

*\$91.10/12 sessions*

## Richmond Aquatics 15<sup>th</sup> Annual Fitness Challenge

Register any time from Dec 15 – Jan 31. Participate in physical activity at least 30 times at either Watermania or Minoru Aquatic Centre over a three month period and win a Fitness Challenge t-shirt and the chance to win over \$6000 worth of prizes!! There is no fee for registration. See one of our customer service reps for information and registration.

## City of Richmond

6911 No.3 Road, Richmond, BC V6Y 2C1

Telephone: 604-276-4000

[www.richmond.ca](http://www.richmond.ca)

December 19, 2011



14300 Entertainment Blvd.  
Richmond, BC V6W 1K3  
604-448-5353



7560 Minoru Gate  
Richmond, BC V6Y 1R9  
604-238-8020

# Winter 2012 Fitness Programs Your One Stop Fitness Facility!



To Register: In person, by Internet – [www.richmond.ca](http://www.richmond.ca),  
or by phone at 604-276-4300



Visit us at our website: [www.richmond.ca](http://www.richmond.ca)

## Watermania Fitness Centre Features & Services

- 3000 sq. ft. fitness centre
- 20 cardio pieces
- Full line of Selectorized weight machines
- Olympic weights & dumbbells
- Smith machine
- Squat rack
- Barbells

	Youth/ Senior	Adult
Drop In	\$5.30	\$6.45
10 Visits	\$42.40	\$51.60
1 Month	\$51.00	\$62.00
3 Months	\$124.00	\$151.00
6 Months	\$207.00	\$252.00
1 Year	\$372.00	\$453.00

*Prices include applicable taxes*

## Fitness Centre Hours

Statutory holiday hours are 10:30am-8:30pm. Attendants' hours are subject to change.

	Fitness Centre Hours	Attendants on Duty
<b>Sunday</b>	10:00am-10:00pm	11:00am-3:00pm 5:00pm-10:00pm
<b>Monday</b>	6:00am-10:00pm	9:00am-12:00pm 4:00pm-10:00pm
<b>Tuesday</b>	6:00am-10:00pm	6:00am-9:00am 4:00pm-10:00pm
<b>Wednesday</b>	6:00am-10:00pm	8:00am-11:00am 4:00pm-10:00pm
<b>Thursday</b>	6:00am-10:00pm	10:30am-1:15pm 4:00pm-10:00pm
<b>Friday</b>	6:00am-10:00pm	9:00am-12:00pm 4:00pm-10:00pm
<b>Saturday</b>	6:00am-10:00pm	9:00am-1:00pm 6:00pm-10:00pm

## Personal Training

Reach your fitness goals with the help of a personal trainer for inspiration, expertise and one-on-one assistance. Learn how to make your workouts challenging, interesting, and fun! Phone 604-448-5358 for a free consultation or to book your personal training session.

## Personal Training Rates (\*plus applicable taxes)

	One on One	Train with a Friend
1 Session	\$43.55*	\$65.00*
3 Sessions	\$121.90*	\$182.85*
5 Sessions	\$185.70*	\$278.60*
10 Sessions	\$336.65*	\$490.00*

*10% discount for super-pass holders*

## Fitness Programs at Watermania

### Fitness Centre Orientations

New fitness centre participants are recommended to take this introduction to the fitness centre. A BCRPA Registered Weight Training Instructor will provide you with information about equipment use, fitness centre etiquette, and workout program basics. Open for anyone looking for an exercise program or fitness centre guidance.

### Fitness Centre for Youth (13–17yrs)

In order to provide a safe and age appropriate program, youth aged 13–17 years of age must complete a youth orientation, parental consent form, and demonstrate appropriate maturity level prior to fitness centre access. Youth orientations are held on Monday, Tuesday or Sunday evenings and Sunday afternoons.

**Fitness Centre orientations are held on an ongoing basis and can be booked by calling 604-448-5358. Free with drop-in fee or facility pass.**

## Richmond Aquatics Fitness Schedule

*Winter Schedule begins January 3, 2012. All classes are cancelled on Statutory holidays. Group Fitness and Aquasize classes are included with regular admission.*

Location	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Minoru Aquatic Centre</b>	9:00am-10:00am	Power Water	Power Water	Power Water	Power Water	Power Water	Power Water (8:15-9:00am)
	1:30pm-2:15pm	Waterworks	55+ Aquasize	Waterworks	55+ Aquasize	Waterworks	
	6:00pm-7:00pm	Power Water	Power Water	Power Water	Aqua Circuit		
<b>Watermania Pool</b>	9:15am-10:15am	Deep Water Conditioning	Deep Water Conditioning	Deep Water Conditioning	Deep Water Conditioning	Deep Water Conditioning	
	11:30am-12:30pm	Low Impact Aqua				Low Impact Aqua	
	7:00pm-8:00pm	Athletic Aquasize - Deep	Power Water		Power Water		
<b>Watermania Multi-Purpose Room</b>	9:15am-10:15am	Yoga		Boomer Boot Camp		Core Strength & Stretch	
	7:30pm-8:30pm			Yoga			

***Fitness schedules and instructors are subject to change without notice.***

## Group Exercise Descriptions

### Core Strength and Stretch

Gain muscle strength, core stability and improve your balance in this fun, no impact class, followed by a long stretch.

### Boomer Boot Camp

Increase your cardio, strength, flexibility, and balance in this circuit style fitness class. Great for adults of all ages, but especially for boomers and zoomers. You'll have so much fun, you'll forget you're getting fitter!

### Yoga

Classes include simple exercises targeting flexibility, strength and endurance. Designed to help individuals manage stress, improve concentration and increase overall fitness levels.