

**Personal Training rates**

Trying to get in shape and don't know where to start? Consider working with a Personal Trainer.

- each session is one hour
- accommodates 1 or 2 people

Sessions	1 person	2 people
1	43.55	65.00
3	121.90	182.85
5	185.70	278.60
10	336.65	490.00

NOTE: HST is not included in prices

**CAMBIE FITNESS STAFF BIO**

**Janet Betteridge**

Zumba & Fitness Instructor



As a BCRPA registered Personal Trainer, Group Fitness Instructor and Zumba enthusiast, Janet has been teaching Zumba Fitness in Richmond for four years and is getting the masses to groove along with her! **Join her at Cambie on Wednesday's and Friday's. The 'party' starts sharp at 9:15am!**

**Fitness Fees**

	Youth 13-17yrs	Adult 18-55yrs	Senior 55+yrs
Drop-in	3.60	5.65	3.60
Visit Card - 12 visits	34.00	54.00	34.00
1 month	34.00	46.00	34.00
3 month	72.00	97.00	72.00
6 month	123.00	164.00	123.00
1 year	205.00	272.00	205.00
Yoga Visit Card - 10 visits		110.00	
<b>FAMILY PASSES – one year only</b>			
First person		272.00	
Additional family member		136.00	
<b>Family add-on:</b>			
1. For immediate family members residing in the <b>same residence</b> . Proof required.			
2. With the purchase of a one year adult pass, you may add on up to one additional adult and all dependant minors (aged 18yrs and under).			
3. The first family member pays the full rate and each additional qualifying member pays the reduced rate.			
4. Family add-ons must be purchased at the same time, are non transferable and only apply to one year passes.			
<b>Fitness Add-On:</b>			
Valid Recreation Pass holders can attend drop-in Group Fitness classes and Fitness Centres at other facilities by presenting their pass for an add-on fee of:			
<b>\$1.00</b> at community centres			
<b>\$1.65</b> at Minoru Aquatic Centre			
<b>\$2.20</b> at Watermania			
<b>Fitness passes:</b>			
Fitness passes include unlimited use of most Group Fitness classes and the Fitness Centre			
<b>Passes are non transferable and non refundable.</b>			
<b>Visit Cards are non refundable.</b>			

**East Richmond Community Association**

**Health and Fitness Schedule**

**Winter 2012**

**CAMBIE COMMUNITY CENTRE**

12800 Cambie Road  
Richmond, BC V6V 0A9

Phone: 604-233-8399

Fax: 604-278-2609

e-mail: [cambie@richmond.ca](mailto:cambie@richmond.ca)

Fitness Coordinator: Jaimee Stokes Nelson

604-233-8380

[jstokesnelson@richmond.ca](mailto:jstokesnelson@richmond.ca)

**Hours of Operation**

<b>Mon-Fri</b>	<b>7:00am - 9:45pm</b>
<b>Sat</b>	<b>9:00am - 8:45pm</b>
<b>Sun</b>	<b>9:00am - 9:45pm</b>

Check the Centre for posted holiday hours

**Fitness Centre Orientations**

A brief introduction to the Fitness Centre's etiquette and basic use of fitness equipment is available with one of our qualified staff. Orientations are available to all clients; however, recommended for clients who are new to the Fitness Centre and mandatory for youth 13-17 years old. **Please call in advance to book your appointment.**



## January 3 - March 31, 2012

**Registered program – drop in spots are limited**

\* = Not included with Fitness Pass

Mon/Wed Yoga & Wed/Fri Zumba = Not included in 12 visit card

**Information is subject to change**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>TBC</b>  <b>9:15 - 10:15am</b>  <b>Jan. 9 – Mar. 26</b>                      Total Body Conditioning: targets all zones of the body for a complete body workout.</p>		<p><b>ZUMBA</b>  <b>9:15 - 10:15am</b>  <b>Jan. 11 – Mar. 21</b>  <b>\$8.30 drop-in</b>                      Fast and slow rhythms and resistance training are combined to tone &amp; sculpt your body.</p>		<p><b>ZUMBA</b>  <b>9:15 - 10:15am</b>  <b>Jan. 13 – Mar. 23</b>  <b>\$8.30 drop-in</b>                      Fast and slow rhythms and resistance training are combined to tone &amp; sculpt your body.</p>	
	<p><b>FUNCTIONAL TRAINING</b>                      (suitable for 55+yrs)  <b>11:00 - 12:00pm</b>  <b>Jan. 9 – Mar. 26</b>                      Improve ability to perform daily activities more easily and without injury.</p>		<p><b>EASE INTO FITNESS</b>                      (suitable for 55+yrs)  <b>11:00 - 12:00pm</b>  <b>Jan. 4 – Mar. 28</b>                      A gentle class suitable for seniors, those just starting out or recovering from an injury.</p>		<p><b>SENIOR STRENGTH &amp; STRETCH (ERCH)</b>                      (suitable for 55+yrs)  <b>9:45-10:30am</b>  <b>Jan. 6 – Mar. 30</b>  <b>\$2.00 SPECIAL drop-in</b>                      Improve strength, balance, body awareness, and flexibility in a group setting.</p>	
	<p><b>ABS &amp; BACK</b>  <b>12:15 - 1:00pm</b>  <b>Jan. 9 – Mar. 26</b>                      A class geared towards strengthening the core, abdominal and back muscles</p>	<p><b>H.I.I.T.</b>  <b>12:15 - 1:00pm</b>  <b>Jan. 3 – Mar. 27</b>                      High Intensity Interval Training. Work your body to the max! Not suitable for beginners.</p>	<p><b>TBC Ball</b>  <b>12:15 - 1:00pm</b>  <b>Jan. 4 – Mar. 28</b>                      Total Body Conditioning using the stability ball and other props. Emphasis on core conditioning.</p>	<p><b>BOOT CAMP</b>  <b>12:15- 1:00pm</b>  <b>Jan. 5 – Mar. 29</b>                      A back-to-basics full body workout. Gain strength, endurance and cardio conditioning.</p>	<p><b>YOGA</b>  <b>12:15 - 1:00pm</b>  <b>Jan. 6 – Mar. 30</b>  <b>\$8.50 drop-in</b>                      Increases strength, flexibility and body awareness</p>	
	<p><b>BOOT CAMP</b>  <b>5:30 - 6:30pm</b>  <b>Jan. 9 – Mar. 26</b>                      A back-to-basics full body workout. Gain strength, endurance and cardio conditioning</p>	<p><b>BODY SCULPT EXPRESS</b>  <b>6:15 - 6:45pm (MPR1)</b>  <b>Jan. 3 – Mar. 27</b>                      A 30-minute class geared towards working the entire body. No cardio</p>	<p><b>BODY BOOST</b>  <b>Intermediate / Advanced</b>  <b>5:30 - 6:30pm</b>  <b>Jan. 4 – Mar. 28</b>                      Need a lift? Improve cardio, strength, endurance and core strength. Practice interval training to achieve an overall fit feeling.</p>	<p><b>YOGA</b>  <b>6:15 - 7:15pm</b>  <b>Jan. 5 – Mar. 29</b>  <b>\$8.50 drop in</b>                      Increases strength, flexibility and body awareness</p>	<p><b>BOOT CAMP</b>  <b>5:30 - 6:30pm</b>  <b>Jan. 6 – Mar. 30</b>                      A back-to-basics full body workout. Gain strength, endurance and cardio conditioning.</p>	
	<p><b>HATHA YOGA*</b>  <b>6:45 - 8:15pm</b>  <b>Jan. 9 – Mar. 26</b>  <b>\$14.25 drop-in</b>                      Focuses on increasing flexibility, strength and body awareness while promoting relaxation and stress reduction</p>	<p><b>ABS &amp; BACK EXPRESS</b>  <b>6:45 - 7:15pm (MPR1)</b>  <b>Jan. 3 – Mar. 27</b>                      A class geared towards strengthening the back, core, and abdominal muscles</p>	<p><b>HATHA YOGA*</b>  <b>6:45 - 8:15pm</b>  <b>Jan. 4 – Mar. 28</b>  <b>\$14.25 drop-in</b>                      Focuses on increasing flexibility, strength and body awareness while promoting relaxation and stress reduction</p>			<p><b>(MPR1) =</b>                      Multi-Purpose Room 1                      Across the hall from the Studio</p> <p><b>(ERCH) = East</b>                      Richmond Community                      Hall located at                      12360 Cambie Rd.</p>

