

## Steveston Community Centre Hours and Fees

| Fitness Center Hours |                 |
|----------------------|-----------------|
| Monday               | 6:00am - 9:45pm |
| Tuesday              | 6:00am - 9:45pm |
| Wednesday            | 6:00am - 9:45pm |
| Thursday             | 6:00am - 9:45pm |
| Friday               | 6:00am - 9:45pm |
| Saturday             | 8:00am - 6:45pm |
| Sunday               | 8:00am - 8:45pm |

| Youth 13-18             |          | Senior +55 |  | Adult |          |
|-------------------------|----------|------------|--|-------|----------|
| Drop In                 | \$3.60   |            |  |       | \$5.65   |
| Visit Card/12           | \$34.00  |            |  |       | \$54.00  |
| Spin-only Visit Card/12 | \$54.00  |            |  |       | \$54.00  |
| 1 Month                 | \$34.00  |            |  |       | \$46.00  |
| 3 Months                | \$72.00  |            |  |       | \$97.00  |
| 6 Months                | \$123.00 |            |  |       | \$164.00 |
| 1 Year                  | \$205.00 |            |  |       | \$272.00 |
| *Family Add-On (1Yr)    | N/A      |            |  |       | \$136.00 |

Prices include applicable taxes.

### Personal Training with qualified BCRA trainers

| One on One  |          | Group/2-3 people |          |
|-------------|----------|------------------|----------|
| 1 Session   | \$43.55  |                  | \$57.20  |
| 3 Sessions  | \$121.90 |                  | \$182.85 |
| 5 Sessions  | \$185.70 |                  | \$278.00 |
| 10 Sessions | \$328.65 |                  | \$490.00 |

Prices do not include applicable taxes.  
Call 604.238.8097 for an appointment.

### Yoga Drop In Fee

| All Ages      |         |
|---------------|---------|
| Drop In       | \$8.50  |
| Visit Card/10 | \$76.50 |

Prices include applicable taxes.

## FITNESS DROP-IN CLASS SCHEDULE

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY                                  | FRIDAY  | SATURDAY                                       | SUNDAY                                |
|---|---|---|---|---|--|---------------------------------------|
| Step & Strength<br>9:15-10:15am<br>Donna                    | TBC<br>9:15-10:15am<br>Monica                   | Ball & Body Works<br>9:15-10:15am<br>Shari/Stacey | TBC<br>9:15-10:15am<br>Monica/Michelle    | Boot Camp<br>9:15-10:15am<br>Shari            | Cardio - Intermediate<br>9:15-10:15am<br>Edwin | Yoga - Hatha<br>9:15-10:15am<br>Flora |
| Yoga - Hatha (RC)<br>Intermediate<br>9:30-10:30am<br>Margie |   |   | Tai Chi (RC)<br>10:30-11:30am<br>Eric     | Run Club-Free<br>9:15-10:30am<br>Barb         |  |                                       |
| Ease Into Fitness*<br>10:30-11:30am<br>Stacey               | TBC for Boomers**<br>10:30-11:30am<br>Donna     | Strength & Stretch*<br>10:30-11:30am<br>Ingrid    | Yoga - Beginner*<br>11:00-12:00pm<br>Lynn | Ease Into Fitness*<br>10:30-11:30am<br>Stacey |  |                                       |
|   | Yoga - Intermediate*<br>11:00-12:00pm<br>Margie | Yoga - Intermediate<br>11:45-12:45pm<br>Ingrid    |   |   |  |                                       |
|   | Ball & Body Works<br>6:00-7:00pm<br>Anne-Louise | Yoga - Intermediate<br>6:15-7:15pm<br>Margie      | TBC<br>6:00-7:00pm<br>Soyba               |   |  |                                       |
| TBC Step & Strength<br>7:10-8:10pm<br>Sandy                 | Boxer Boot Camp (RC)<br>7:10-8:10pm<br>Claire   |   | Boot Camp (RC)<br>7:30-8:30pm<br>Shannon  |   |  |                                       |

**Childminding** is available for 0-5 years Tuesday & Thursday 9:00-11:00am Friday 9:00-11:30am \$3.50 per visit, \$1.75 for sibling.

## GROUP CYCLING (INDOOR)

| MONDAY                                | TUESDAY                               | WEDNESDAY                                    | THURSDAY | FRIDAY   | SATURDAY                              | SUNDAY                                    |
|---------------------------------------|---------------------------------------|--|----------|--|---------------------------------------|---|
| Rise & Ride<br>6:30-7:15am<br>Jeannie |                                       | Rise & Ride<br>6:30-7:15am<br>Donna          |          | Rise & Ride<br>6:30-7:15am<br>Bonnie             |                                       |   |
| Power Pedal*<br>9:15-10:00am<br>Colin |                                       | Power Pedal*<br>9:15-10:00am<br>Shari/Stacey |          | Power Pedal*<br>9:15-10:15am<br>Jeannie          | Rise & Ride<br>8:15-9:00am<br>Jeannie |   |
|                                       | Power Pedal*<br>6:00-6:45pm<br>Claire | Power Pedal*<br>5:30-6:30 pm<br>Terri        |          |  |                                       |   |
|                                       |                                       |  |          | Gentle Cycle & Core*<br>10:30-11:30am<br>Jeannie |                                       | Power Pedal*<br>10:00-10:45am<br>Rotation |

Adult drop-in fee will apply to **all drop-in spin classes**, adult visit cards or spin-only visit cards valid.

*\*Call in one hour before to reserve a bike.*

*All classes and fees are subject to change.*