

# Hamilton Community Centre Drop-In Group Fitness & Fitness Centre Schedule

SPRING 2023 — MAR 27 – JUN 30

## FITNESS CENTRE HOURS

**Mon–Fri:** 7:00am–9:30pm | **Sat & Sun:** 9:00am–4:30pm

*Fitness Centre hours, Drop-In Group Fitness schedule and instructors are subject to change or cancellation without notice. Hours of operation and class schedule may change or be cancelled on statutory holidays.*

SUN	MON	TUE	WED	THU	FRI	SAT
	<p>■ <b>Cardio and Core</b> 9:00–10:00am</p>		<p>● <b>Functional Training</b> 9:00–10:00am</p>		<p>● <b>Core and Strength</b> 9:15–10:15am</p>	<p>■ <b>Total Body Conditioning</b> 9:30–10:30am</p>
		<p>■ <b>Total Body Conditioning</b> 7:00–8:00pm</p>	<p>● <b>Pilates and Yoga*</b> 7:00–8:00pm</p>	<p>■ <b>Total Body Conditioning</b> 7:00–8:00pm</p>		

● Low Intensity | ■ Moderate Intensity | ▲ High Intensity

\*Registered program. Drop-ins welcome if space permits.



# Drop-In Fitness & Personal Training Fees

## FITNESS DROP-IN, MEMBERSHIPS & VISIT CARDS

### FITNESS DROP-IN PER VISIT

Youth (13–18 yrs) / Senior (55+ yrs)	\$4.90
Adult (19–54 yrs)	\$6.75
Yoga	\$8.75

### FITNESS MEMBERSHIPS

Adult – 1 month	\$57
Adult – 3 months	\$126
Adult – 6 months	\$215
Adult – 1 year	\$360
Youth / 55+ – 1 month	\$46
Youth / 55+ – 3 months	\$103
Youth / 55+ – 6 months	\$176
Youth / 55+ – 1 year	\$294

### FITNESS VISIT CARDS

Adult – 10 visits	\$54
Youth / 55+ – 10 visits	\$39

**Note:** Visit Cards are not valid for Yoga classes

### ADD-ON FEES

Fitness Add-On*	\$1 community centre \$4.60 Watermania and Minoru Centre for Active Living	Family Add-On – 1 Year**	\$291
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\*Fitness Add-On fee will apply when using a valid membership to attend drop-in fitness at a facility other than where the membership was purchased. The Fitness Add-On fee is not valid for Drop-in Yoga.

\*\*Family Add-On must be purchased at the same time as the primary membership holder and must reside in the same household. For adults only.

## PERSONAL TRAINING

Improve fitness and wellness with support from a Registered Personal Trainer at Hamilton Community Centre. Information upon request at Hamilton Fitness Reception, front desk or [www.richmond.ca/hamilton](http://www.richmond.ca/hamilton). Group Training: 2–3 friends or family members with similar fitness levels and 1 trainer. Taxes included.

NO. OF SESSIONS	1-ON-1 INDIVIDUAL TRAINING	2–3 GROUP TRAINING
1 (1 hr)	\$58.95	\$88.40
3 (1 hr)	\$168	\$252
5 (1 hr)	\$265.25	\$397.90
10 (1 hr)	\$501	\$751.60
5 (30 mins)	\$140	N/A
10 (30 mins)	\$265.25	N/A
20 (30 mins)	\$501	N/A

## FOR THE SAFETY AND ENJOYMENT OF ALL PARTICIPANTS

- Review and follow the Fitness Centre Etiquette, Fitness Class Etiquette and Code of Conduct as posted.
- Review the PAR-Q annually or if your condition changes. [www.richmond.ca/parksrec/sports/fitness/about.htm](http://www.richmond.ca/parksrec/sports/fitness/about.htm).
- Drop-in fitness classes are on a first-come, first-served basis.
- Wristbands are available 30 minutes before class start time.
- Arrive on time to class. Latecomers are not permitted 5 minutes past class start time.
- Youth 13–15 years old are required to complete a fitness centre orientation. Call Hamilton Fitness Reception at 604-238-8055 to book an orientation.
- Youth 13–18 years old are required to submit a Informed Consent and Permission Form for Youth Fitness Centre Access. Find the form at [www.richmond.ca/parksrec/sports/fitness/fitness.htm](http://www.richmond.ca/parksrec/sports/fitness/fitness.htm).