

Hamilton Community  
Association

# HEALTH AND FITNESS GUIDE

Summer

Hamilton Community Centre



5140 Smith Drive, Richmond  
604-238-8055



## Total Fitness Pass

Provides access to our fitness centre and drop-in group fitness classes.

## Family Add-On

With the purchase of a one year adult pass, you may add one additional family member living in the same residence for a reduced price. Passes must be purchased at the same time.

## Vacation Extensions

Annual pass holders are permitted one vacation extension per year. This extension must be requested before the start of the vacation and is only granted for periods of more than two weeks and no more than one calendar month.

## Fitness Add-On Fees

Total Fitness Pass holders can attend drop-in fitness classes and fitness classes at other community centres for an add-on fee of \$1.00 **(not including specialty classes)** and \$4.80 for Minoru Centre for Active Living and Watermania.

## Refund Policy

A refund will only be considered if a permanent disability occurs, or if a client moves outside the Richmond area.



## Youth

- Youth (13-15 years) require a completed Parental Consent Form as well as a fitness orientation.
- Youth (16-18 years) do not require a fitness orientation, but require a signed and completed Parental Consent Form.

Call 604-238-8055 in advance to book an appointment.

## Hours of Operation

Mon-Fri	7:00am - 9:30pm
Sat	8:00am - 8:00pm
Sun	9:00am - 4:30pm

visit [richmond.ca/hamilton](http://richmond.ca/hamilton) for holiday hours

## Fitness Centre Orientations

Are you a new or returning Hamilton Community Centre fitness member and want to learn or review how to use our fitness equipment?

Book your FREE fitness centre orientation!  
Call the front desk at 604-238-8055.

## Personal Training

Sessions	One-on-One	Group (2-4 people)
1	\$67.55	\$101.35
3	\$192.60	\$288.95
5	\$304.10	\$456.20
10	\$574.45	\$861.80

## Meet Our Fitness Attendants!



Jenn



Wendy

# PASSES AND DROP-IN RATES

	Youth/55+	Adults
Drop-In Yoga	N/A	\$12.20
Drop-In	\$5.10	\$6.95
10 Visit Card	\$41.00	\$56.00
1 Month	\$48.00	\$59.00
3 Month	\$107.00	\$129.00
6 Month	\$184.00	\$221.00
1 Year	\$306.00	\$371.00
1 Year Family Add-On	N/A	\$306.00

- Most drop-in group fitness classes are included in the Total Fitness Pass.
- 1 hour drop-in yoga classes are **NOT** included in 10 Visit Cards and Fitness Passes.
- Total Fitness Pass holders from other facilities may attend group fitness sessions (excluding Yoga drop-in) for an additional \$1.00 per session.

# DROP-IN GROUP FITNESS SCHEDULE

For the safety and enjoyment of group fitness class participants, admittance is not permitted after the first 10 minutes of the session start time.

SUN	Mon	Tue	Wed	Thur	Fri	Sat
<b>Power Flow Yoga</b> (13+ years) Vani 2:00-3:00pm \$12.20/Drop In	<b>Cardio and Core</b> (16+ years) Wendy 9:00-10:00am	<b>HIIT</b> (16+ years) Monica 6:30-7:30pm	<b>Functional Training</b> (16+ years) Wendy 9:00-10:00am	<b>Total Body Conditioning</b> (16+ years) Wendy 7:00-8:00pm	<b>Boot Camp</b> (16+ years) Jenn 8:45-9:45am	<b>Total Body Conditioning</b> (16+ years) Wendy 8:15-9:15am & 9:30-10:30am
<b>Gentle Yoga</b> (13+ years) Vani 3:15-4:15pm \$12.20/Drop In	<b>Pilates and Yoga</b> (16+ years) Lynn 6:30-7:30pm \$12.20/Drop In				<b>Shine Dance</b> (18+ Years) Wendy 7:00-8:00pm \$10.85/Drop In	

**Cardio and Core:** Combine cardio training with a core sculpting routine to build endurance and muscle tone using resistance equipment.

**Functional Training:** Build strength, stability and flexibility in this dynamic workout that works to enhance everyday movements by improving balance, coordination and overall fitness.

**Total Body Conditioning (TBC):** Combine body weight exercises with optional free weights exercises and cardio drills for a total body workout.

**HIIT:** High-Intensity Interval Training is a workout strategy that alternates between short bursts of intense exercise and periods of rest or lower-intensity exercise, designed to maximize calorie burn and improve fitness in a shorter time.

**Boot Camp:** Boost energy and build strength in a dynamic group workout featuring a guided warm up, full body circuit with cardio, core and strength stations and a refreshing stretch and cool down. Improve endurance, tone muscles, elevate motivation and leave feeling strong and energized.

## REGISTERED FITNESS CLASS (DROP-INS AVAILABLE)

### Gentle Yoga

13+ yrs  
 Jul 5 - Aug 30  
 Sundays  
 3:15-4:15pm  
 \$91.00/9 sessions  
 00520968

Work towards a healthier body and clearer mind in this low-intensity, slower-paced and well-rounded approach to yoga that incorporates traditional and restorative style poses, breathing techniques and meditation.

### Power Flow Yoga

13+ yrs  
 Jul 5 - Aug 30  
 Sundays  
 2:00-3:00pm  
 \$91.00/9 sessions  
 00520960

Integrate light resistance training and hand weights into slow-flow movement and deeper stretches for fascia release and taking basic yoga practices to the next level. Suitable for those familiar with fundamental yoga techniques seeking to build strength.

### Pilates and Yoga Combination

16+ yrs  
 Jul 13 - Aug 31  
 Mondays  
 6:30-7:30pm  
 \$70.75/7 sessions  
 00520945

Combine Pilates mat exercises and various yoga postures in these unique sessions that offer a great non-impact, balanced and full body workout.

### Shine Dance

18+ yrs  
 Jul 10 - Jul 31  
 Fridays  
 7:00-8:00pm  
 \$35.70/4 sessions  
 00520952

Join this exhilarating and diverse fitness experience learning original routines and choreography set to hit music. Rooted in jazz, ballet and hip hop, each session includes the perfect balance of high cardio and toning ensuring a full body workout with real results.