

# WELCOME BACK!

Our facility will look a little different with safety measures and physical distancing in place, but we are excited to welcome the community back. South Arm is currently offering a limited amount of indoor group fitness classes and fitness centre visits.

## FITNESS FEES

### SINGLE VISIT/CLASS

Adult	\$6.25
Youth (13-18yrs) / 55+	\$4.40
Yoga	\$8.50
Multisession Group Fitness Class	Visit <a href="http://www.richmond.ca/register">www.richmond.ca/register</a> or call 604-276-4300 for fees
Online Fitness Class	\$5.50/adult \$4.70/55+

### PASSES

Adult 1 Month	\$53.00
Adult 3 Month	\$116.00
Adult 6 Month	\$199.00
Adult 1 Year	\$334.00
Adult Family Add-on 1 Year**	\$268.00
Youth / Senior 55+ 1 Month	\$41.00
Youth / Senior 55+ 3 Month	\$92.00
Youth / Senior 55+ 6 Month	\$158.00
Youth / Senior 55+ 1 Year	\$264.00

### BEFORE YOUR FITNESS CENTRE VISIT OR GROUP FITNESS CLASS:

- Pre-registration is required for the fitness centre and all classes – no drop-ins are permitted.
- Registration for each week of fitness classes/visits starts on the Monday one week before.
- Only customers with pre-booked registrations will be permitted to enter the facility.
- Regular admission prices will apply and payment is required at the time of booking.
- Youth 13-15 years old are required to complete a Youth Fitness Centre Orientation prior to attending. Youth orientations can be booked by calling the Fitness Coordinator.
- Youth 13-18 years old are required to submit a completed Informed Consent and Permission Form for Youth Fitness Centre Access prior to attending the Fitness Centre.

### FOR THE SAFETY & ENJOYMENT OF ALL PARTICIPANTS:

Please only arrive 5 minutes before the start time. All patrons must follow the Fitness Etiquette and Fitness Guidelines posted in the facility. Admittance may not be permitted after the first 5 minutes of group fitness class and after 30 minutes of fitness centre visit start times.

# South Arm Community Centre FITNESS CENTRE VISITS & GROUP FITNESS SCHEDULE SUMMER 2021



### TO REGISTER:

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

Registration Call Centre: 604-276-4300  
(M-F 8:30am-5:00pm)

South Arm Community Centre  
Front Desk – 604-238-8060 | Fitness Reception – 604-238-8488  
8880 Williams Road, Richmond, B.C. V7A 1G6  
[www.richmond.ca/southarm](http://www.richmond.ca/southarm)  
Instagram | Facebook | Twitter: @SouthArmCC



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Dance Fit</b> 9:15 - 10:15am Gloria	<b>Core &amp; Strength</b> 9:00 - 10:00am Connie	<b>Dance Fit</b> 9:15 - 10:15am Gloria	<b>OUTDOOR</b> <b>Kardio Kick Box Interval</b> 9:00 - 10:00am Charlaine	<b>OUTDOOR</b> <b>H.I.I.T.</b> 9:00 - 10:00am Connie	<b>OUTDOOR</b> <b>Cycle HIIT Boot Camp</b> 8:15 - 9:15am July 10 – Aug 28 #76746	
<b>OUTDOOR</b> <b>Cycle Fit</b> 9:30 - 10:15am Donna	<b>ONLINE</b> <b>MIIT – 55+</b> 9:30 - 10:15am Charlaine July 6 – Aug 24 #76721	<b>OUTDOOR</b> <b>Spin N Yoga</b> 9:30 - 10:30am Lynn W. July 7 – Aug 25 #76730			<b>OUTDOOR</b> <b>Cycle HIIT Boot Camp</b> 9:30 - 10:30am July 10 – Aug 28 #76747	
	<b>OUTDOOR</b> <b>Kardio Kick Box Interval</b> 10:30 - 11:30am Charlaine			<b>Yoga</b> 10:15-11:15 Kelly <i>Begins July 9th</i>	<b>Functional Training</b> 9:30 - 10:30am Natalia/Gail	
<b>Yoga</b> 12:00 - 1:00pm Elle/Janice	<b>Yoga</b> 12:00 - 1:00pm Lynn	<b>Yoga</b> 12:00 - 1:00pm Judy	<b>Yoga</b> 12:00 - 1:00pm Janice	<b>Core &amp; Strength</b> 12:00 - 1:00pm Nyla	<b>Strength &amp; Stretch</b> 11:15 - 12:15am Nyla	
		<b>OUTDOOR</b> <b>Girls Only Fitness -YOUTH</b> 3:30 - 4:15pm Mariah July 7 – Aug 25 #76816			<b>OUTDOOR</b> <b>Boot Camp - YOUTH</b> 12:45 - 1:30pm Mariah July 10 – Aug 28 #76180	
	<b>OUTDOOR</b> <b>Pilates</b> 5:00 - 6:00pm Jeanette July 6 – Aug 17 #76722	<b>OUTDOOR</b> <b>Zumba®</b> 5:15 - 6:15pm Winnie July 7 – Aug 25 #76736			<b>REGISTERED VISIT: FITNESS CENTRE SCHEDULE</b> <b>Monday – Friday:</b> 6:30am - 7:45am 8:00am - 9:15am 9:30am – 10:45am 11:00am – 12:15pm 12:30pm – 1:45pm 2:15pm – 3:30pm 3:45pm – 5:00pm 5:15pm – 6:30pm 6:45pm – 8:00pm <b>Saturdays:</b> 7:30am – 8:45am 9:00am – 10:15am 10:30am – 11:45am 12:00pm – 1:15pm	
<b>Functional Training</b> 6:15 - 7:15pm Diane	<b>OUTDOOR</b> <b>Cycle Fit</b> 6:15 - 7:00pm Shani		<b>OUTDOOR</b> <b>Cycle Fit</b> 6:15 - 7:00pm Shani	<b>OUTDOOR</b> <b>Dance Fit</b> 6:00 - 7:00pm Gloria		
<b>OUTDOOR</b> <b>Cycle Fit</b> 6:45 - 7:30pm Shani	<b>Yin Yoga</b> 7:00 - 8:00pm Angieszka July 6 – July 27 #76724 Aug 3 – Aug 24 #76726		<b>ONLINE</b> <b>Zumba Toning®</b> 6:45 - 7:45pm Martha July 8 – Aug 19 #76743			
	<b>OUTDOOR</b> <b>Cycle Fit</b> 7:15 - 8:00pm Shannon S.		<b>OUTDOOR</b> <b>Cycle Fit</b> 7:15 - 8:00pm Christine W.		<b>TO REGISTER:</b> <a href="http://www.richmond.ca/register">www.richmond.ca/register</a> <b>604-276-4300</b>	

= Multisession class. Try one of South Arm's specialty classes!

= Single session class. All Single session classes are included with a fitness pass or single visit fee. \*Pre-registration is required for all classes and visits.