

STEVESTON

FITNESS CENTRE & GROUP FITNESS FEES

FITNESS DROP-IN FEES

Adult	\$6.45
Youth/55+	\$4.60
Yoga	\$8.75

FITNESS PASSES

Adult - 1 Month	\$55.00
Adult - 3 Month	\$120.00
Adult - 6 Month	\$205.00
Adult - 1 Year	\$344.00
Youth/55+ - 1 Month	\$43.00
Youth/55+ - 3 Month	\$97.00
Youth/55+ - 6 Month	\$166.00
Youth/55+ - 1 Year	\$276.00
Family Add On - 1 Year*	\$277.00

**Family add on must be purchased at the same time as the primary pass holder and reside in the same household.*

FITNESS VISIT CARDS

Adult - 10 Visits	\$52.00
Youth/55+ - 10 Visits	\$37.00
Yoga - 10 Visits	\$70.00

PERSONAL TRAINING FEES

Individual & Group Sessions - 1 hour, 3 hour, 5 hour or 10 hour packages available
Please contact 604-238-8080 for more information.

FOR THE SAFETY & ENJOYMENT OF ALL PARTICIPANTS:

- Drop-in fitness classes are available on a first come, first serve basis and are included with a Fitness Centre Drop-in, visit card or pass. Registered multisession group fitness classes are available on a seasonal basis with a separate fee.
- Pre-registration is required for all Cycle Fit single session classes.
- All patrons must follow the Fitness Etiquette posted in the facility.
- Youth 13-15 years old are required to complete a Youth Fitness Centre Orientation prior to attending. Youth orientations can be booked by calling 604-238-8097.
- 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.

FITNESS CENTRE & GROUP FITNESS SCHEDULE

Spring 2022



STEVESTON

COMMUNITY CENTRE



(604) 238-8080



GROUP FITNESS SCHEDULE

Spring 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cyclefit* 8:00 - 8:45am		Cyclefit* 8:00 - 8:45am		
	Low Impact Cardio & Core 9:00 - 10:00am	Total Body Conditioning 9:00 - 10:00am	Dancefit 9:00 - 10:00am	Cardio Core & Strength 9:00 - 10:00am	Total Body Conditioning 9:00 - 10:00am	
Hatha Yoga 9:15 - 10:15am				Zumba ** 9:15-10:15am		
	Fit & Functional 10:15 - 11:15am	Minds, Muscles, Mobility (55+)** 10:30 - 11:30am	Fit & Functional 10:15 - 11:15am	Low Impact 55+ 10:15 - 11:15am	Fit & Functional 10:15 - 11:15am	
		Hatha Yoga 11:00 - 12:00pm	Hatha Yoga 11:00 - 12:00pm	Minds, Muscles, Mobility (55+)** 10:30 - 11:30am		
	Simply Stretch** 5:15-6:15pm	Better Backs and Balance (55+)** 11:45 - 12:45pm		Better Backs and Balance (55+)** 11:45 - 12:45pm		
	Restorative Yoga** 6:15-7:30pm	Hatha Yoga 5:15 - 6:15pm	Cycle & Strength** 6:00-7:00pm	* - indicates pre-registration is required		
	Cycle & Strength** 7:15-8:15pm	Zumba** 6:30 - 7:30pm		** - indicates Seasonal Registered Program		

- Pre-registration classes are available for registration on Monday the week prior to class
 - Seasonal Registered Programs can be booked at anytime if space is still available
- All other classes, please register at the Front Desk no earlier than 20 minutes prior to the start of the class
 - For your safety, no admittance to classes after 5 minutes

FITNESS CENTRE HOURS:

MONDAY—FRIDAY: 6:00am - 9:30pm

SATURDAY & SUNDAY: 7:30am - 6:00pm

Holiday Hours may vary.

TO REGISTER:

ONLINE: www.richmond.ca/register

IN PERSON: At Steveston Community Centre

PHONE: Registration Call Centre: 604-276-4300,
Monday—Friday, 8:30am—5:00pm
Steveston Community Centre: 604-238-8080