

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) / Seniors (55+)	\$4.40
Yoga Class	\$8.50
Multisession Group Fitness Class	Visit www.richmond.ca/register or call 604-276-4300 for fees

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.
- Each fitness centre session is 75 minutes long.
- 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. Please clean your equipment before and after with spray and rag provided. Admittance may not be permitted after the first 5 minutes of group fitness class and after 30 minutes of fitness centre visit start times.

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South Arm Community Centre FITNESS CENTRE VISITS & GROUP FITNESS SCHEDULE WINTER 2021





TO REGISTER:
ONLINE: www.richmond.ca/register
PHONE: 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
Instagram | Facebook | Twitter: @SouthArmCC



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance Fit Online <i>Via Zoom</i> 9:15 -10:00am Gloria	Core & Strength 9:00 - 10:00am Connie	Dance Fit Online <i>Via Zoom</i> 9:15 -10:00am Gloria	Fit & Functional 9:00 - 10:00am Charlaine	Yoga Fusion 9:00 -10:00am Connie	Functional Training 9:30 - 10:30am Natalia <i>Begins Feb 20</i>	
	M.I.I.T 55+ Online <i>Via Zoom</i> 9:30 - 10:15am Charlaine Jan 12 – Mar 9 #58261				Strength & Stretch 11:15 - 12:15pm Nyla	
Yoga 12:00 - 1:00pm Elle	Yoga 12:00 - 1:00pm Lynn W.	Yoga 12:00 - 1:00pm Connie	Yoga 12:00 - 1:00pm Janice	Core & Strength 12:00 - 1:00pm Nyla		
					REGISTERED FITNESS CENTRE VISIT SCHEDULE Monday – Friday: 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 Saturdays: 7:30am - 8:45am 9:00am - 10:15am 10:30am – 11:45am 12:00pm – 1:15pm	
Ease Into Fitness 5:30 – 6:30pm Shani		Zumba® Online <i>Via Zoom</i> 5:30 - 6:30pm Winnie Jan 13 – Mar 10 #58277	Pilates 5:00 - 6:00pm Jeanette <i>Multipurpose room - Upper</i> Jan 14 – Feb 11 #57400 Feb 18 – Mar 11 #57402	Dance Fit Online <i>Via Zoom</i> 5:00 -5:45 pm Gloria		
Functional Training 6:45 - 7:45pm Diane	Iyengar® Yoga 6:45 - 7:45pm Sara <i>Multipurpose room – Upper</i> Jan 19 – Feb 9 #57526 Feb 16 – Mar 9 #57527	Core & Strength 6:45 - 7:45pm Charlaine	Zumba Toning® Online <i>Via Zoom</i> 6:30 - 7:30pm Martha Jan 14 – Mar 11 #58282			

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-  = Multisession class. Try one of South Arm's specialty classes! See online for more info: www.richmond.ca/register
 -  = Single session class. All Single session classes are included with a fitness pass or single visit fee. Pre-registration is required.
- ZOOM ONLINE CLASSES: All Zoom classes will be streamed directly from the Multipurpose Room-Upper Studio at South Arm Community Centre