

SUMMER 2025 FITNESS PROGRAMS



Steveston Community Centre

4111 Moncton Street

Richmond

604-238-8080

stevestoncc@richmond.ca



CARDIO, STRENGTH AND ATHLETICS

FULL BODY CIRCUIT WORKOUT - ADULTS

Jul 5 - Aug 23	Sat	10:30am - 11:15am	\$109.35/8 sess	16+ yrs	00415019
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GET INTO FITNESS - LEVEL 1 - YOUTH

Jul 7 - Jul 28	Mon	3:45pm - 4:45pm	\$54.70/4 sess	12-16 yrs	00415028
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GET INTO FITNESS - LEVEL 2 - YOUTH

Aug 11 - Aug 25	Mon	3:45pm - 4:45pm	\$41.00/3 sess	12-16 yrs	00415033
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GROUP WEIGHT TRAINING - BEGINNER - FOR WOMEN - ADULTS

Jul 11 - Aug 29	Fri	6:00pm - 7:00pm	\$109.35/8 sess	18+ yrs	00415045
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GROUP WEIGHT TRAINING - FOR GIRLS - YOUTH

Jul 11 - Aug 29	Fri	4:45pm - 5:45pm	\$109.35/8 sess	13-18 yrs	00415054
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TRX® PLUS - ADULTS

Jul 8 - Aug 26	Tue	7:15pm - 8:15pm	\$109.35/8 sess	16+ yrs	00415003
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Jul 10 - Aug 28	Thu	7:15pm - 8:15pm	\$109.35/8 sess	16+ yrs	00415017
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FUNDAMENTALS OF FITNESS - LEVEL 1 - ADULTS

Jul 7 - Jul 28	Mon	6:45pm - 7:45pm	\$54.70/4 sess	16+ yrs	00414989
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Jul 10 - Jul 31	Thu	6:00pm - 7:00pm	\$54.70/4 sess	16+ yrs	00414991
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Aug 7 - Aug 28	Thu	6:00pm - 7:00pm	\$54.70/4 sess	16+ yrs	00414993
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Aug 11 - Aug 25	Mon	6:45pm - 7:45pm	\$41.00/3 sess	16+ yrs	00414990
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Youth (13-18 yrs) are welcome to use any fitness centre with the completion of an Informed Consent and PAR-Q+ form, as well as the Fitness Centre Orientation when applicable. Forms require review and signatures by the youth and their parent/guardian.

[Informed Consent Form](#)

[PAR-Q+ Form](#)

Fitness Centre Orientations are mandatory for youth (13-18 yrs) regardless of previous weight training experience. An orientation is not required for youth 16 to 18 years with previous weight training experience, if noted on the signed Informed Consent Form. Note: Forms and an orientation only needs to be completed once for eligibility to exercise at all centres. Registration is required and can be booked directly with the fitness centre of choice. Please call us at 604-238-8097 to book!

CYCLING

CYCLE AND STRENGTH - ADULTS

Jul 7 - Aug 25	Mon	6:30pm - 7:30pm	\$61.90/7 sess	18+ yrs	00415005
Jul 29 - Aug 19	Tue	6:00pm - 7:00pm	\$35.35/4 sess	18+ yrs	00415008

DANCE FITNESS

ZUMBA® - ADULTS

Jul 7 - Aug 18	Mon	6:30pm - 7:30pm	\$53.05/6 sess	18+ yrs	00414988
Jul 10 - Aug 28	Thu	9:15am - 10:15am	\$70.70/8 sess	18+ yrs	00414987

MIND BODY, MOBILITY AND FLEXIBILITY

CORE YOGA - ADULTS

Jul 11 - Aug 29	Fri	11:00am - 12:15pm	\$101.10/8 sess	16+ yrs	00415016
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GENTLE YOGA - ADULTS

Jul 9 - Aug 27	Wed	9:30am-10:30am	\$80.90/8 sess	16+ yrs	00415015
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SIMPLY STRETCH - ADULTS

Jul 7 - Aug 25	Mon	5:15pm - 6:15pm	\$61.90/7 sess	18+ yrs	00415009
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YIN STYLE YOGA- ADULTS

Jul 8 - Aug 26	Tue	7:15am - 8:30pm	\$101.10/8 sess	13+ yrs	00415013
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WALKING AND RUNNING

NORDIC POLE WALKING AND STRENGTH - OUTDOOR - ADULTS

Jul 7 - Aug 25	Mon	9:00am - 10:00am	\$61.90/7 sess	16+ yrs	00414997
Jul 9 - Aug 27	Wed	9:00am - 10:00am	\$70.70/8 sess	16+ yrs	00415043

Taxes are added at the time of registration for Adult programs.

ACTIVE MOVEMENT FOR CHRONIC CONDITIONS

BETTER BACKS AND BALANCE - BEGINNER - 55+

Jul 8 - Aug 26	Tue	11:45am - 12:45pm	\$48.10/8 sess	55+ yrs	00411787
Jul 12 - Aug 30	Sat	10:30am - 11:30am	\$48.10/8 sess	55+ yrs	00413333

EXERCISES FOR THOSE WITH PARKINSON'S - 55+

Jul 10 - Aug 28	Thu	11:45am - 12:45pm	\$48.10/8 sess	55+ yrs	00411788
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MINDS, MUSCLES AND MOBILITY - 55+

Jul 8 - Aug 26	Tue	10:30am - 11:30am	\$48.10/8 sess	55+ yrs	00411782
Jul 10 - Aug 28	Thu	10:30am - 11:30am	\$48.10/8 sess	55+ yrs	00411786

CARDIO, STRENGTH AND ATHLETICS

A.M.B.S. (AGILITY MOBILITY BALANCE STRENGTH) - 55+

Jul 7 - Aug 25	Mon	11:30am - 12:30pm	\$75.05/7 sess	55+ yrs	00411801
Jul 9 - Aug 27	Wed	12:15pm - 1:15pm	\$85.75/8 sess	55+ yrs	00411797
Jul 11 - Aug 29	Fri	12:30pm - 1:30pm	\$85.75/8 sess	55+ yrs	00411792

LADIES WHO LIFT - BEGINNER - 55+

Jul 8 - Aug 26	Tue	12:30pm - 1:30pm	\$85.75/8 sess	55+ yrs	00411799
Jul 9 - Aug 27	Wed	12:15pm - 1:15pm	\$85.75/8 sess	55+ yrs	00411793

CYCLING

CYCLE AND STRENGTH - SILVER - 55+

Jul 7 - Aug 25	Mon	10:15am - 11:15am	\$48.50/7 sess	55+ yrs	00411800
Jul 9 - Aug 27	Wed	9:00am - 10:00am	\$55.45/8 sess	55+ yrs	00411790

TRAINING WHEELS - BEGINNERS - 55+

Jul 9 - Aug 27	Wed	10:30am - 11:30pm	\$55.45/8 sess	55+ yrs	00413330
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DANCE FITNESS

ZUMBA® - GOLD - 55+

Jul 9 - Aug 27	Wed	12:15pm - 1:15pm	\$55.45/8 sess	55+ yrs	00411795
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