

Thompson Community Centre Drop-In Group Fitness & Fitness Centre Schedule

SPRING 2023 — MAR 27 – JUN 30

FITNESS CENTRE HOURS

Mon–Fri: 6:00am–9:45pm | **Sat & Sun:** 7:00am–8:30pm | **Holidays:** 7:00am–7:00pm

Fitness Centre hours, Drop-In Group Fitness schedule and instructors are subject to change or cancellation without notice. Hours of operation and class schedule may change or be cancelled on statutory holidays.

SUN	MON	TUE	WED	THU	FRI	SAT
	■ Fit and Functional 9:15–10:15am	■ Step and Sculpt 9:15–10:15am	■ Cardio and Strength 9:15–10:15am	■ Body Blast 9:15–10:15am	■ Fit and Functional 9:15–10:15am	■ Dance Fit 9:30–10:30am
● Yoga 10:30–11:30am	▲ Tabata 10:30–11:30am		■ Ball 10:30–11:30am	● Ease Into Fitness 10:30–11:30am	■ Dance Fit 10:30–11:30am	■ Strength and Stretch 10:45–11:45am
		● Yoga 12:00–1:00pm	■ Dance and Tone 12:00–1:00pm	● Yoga 12:00–1:00pm		
		▲ Kardio Kick Box 6:30–7:30pm	■ Total Body Conditioning 6:00–7:00pm			
	● Yoga 7:00–8:00pm			● Yoga 6:45–7:45pm		

● Low Intensity | ■ Moderate Intensity | ▲ High Intensity

Drop-In Fitness & Personal Training Fees

FITNESS DROP-IN, MEMBERSHIPS & VISIT CARDS

FITNESS DROP-IN PER VISIT

Youth (13 – 18 yrs) / Senior (55+ yrs)	\$4.90
Adult (19 – 54 yrs)	\$6.75
Yoga	\$8.75

FITNESS MEMBERSHIPS

Adult – 1 month	\$57
Adult – 3 months	\$126
Adult – 6 months	\$215
Adult – 1 year	\$360
Youth / 55+ – 1 month	\$46
Youth / 55+ – 3 months	\$103
Youth / 55+ – 6 months	\$176
Youth / 55+ – 1 year	\$294

FITNESS VISIT CARDS

Adult – 10 visits	\$54
Youth / 55+ – 10 visits	\$39

Note: Visit Cards are not valid for Yoga classes

ADD-ON FEES

Fitness Add-On*	\$1 community centre \$4.60 Watermania and Minoru Centre for Active Living	Family Add-On – 1 Year**	\$291
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*Fitness Add-On fee will apply when using a valid membership to attend drop-in fitness at a facility other than where the membership was purchased. The Fitness Add-On fee is not valid for Drop-in Yoga.

**Family Add-On must be purchased at the same time as the primary membership holder and must reside in the same household. For adults only.

PERSONAL TRAINING

Improve fitness and wellness with support from a Registered Personal Trainer at Thompson Community Centre. Information upon request at Thompson Fitness Reception, front desk or www.richmond.ca/thompson. Group Training: 2–3 friends or family members with similar fitness levels and 1 trainer. Taxes included.

NO. OF SESSIONS	1-ON-1 INDIVIDUAL TRAINING	2–3 GROUP TRAINING
1 (1 hr)	\$58.95	\$88.40
3 (1 hr)	\$168	\$252
5 (1 hr)	\$265.25	\$397.90
10 (1 hr)	\$501	\$751.60
5 (30 mins)	\$140	N/A
10 (30 mins)	\$265.25	N/A
20 (30 mins)	\$501	N/A

FOR THE SAFETY AND ENJOYMENT OF ALL PARTICIPANTS

- Review and follow the Fitness Centre Etiquette, Fitness Class Etiquette and Code of Conduct as posted.
- Review the PAR-Q annually or if your condition changes. www.richmond.ca/parksrec/sports/fitness/about.htm.
- Drop-in fitness classes are on a first-come, first-served basis.
- Wristbands are available 30 minutes before class start time.
- Arrive on time to class. Latecomers are not permitted 5 minutes past class start time.
- Youth 13–15 years old are required to complete a fitness centre orientation. Call Thompson Fitness Reception at 604-238-8434 to book an orientation.
- Youth 13–18 years old are required to submit a Informed Consent and Permission Form for Youth Fitness Centre Access. Find the form at www.richmond.ca/parksrec/sports/fitness/fitness.htm.