

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



WINTER BREAK 2025–2026 — DEC 21, 2025–JAN 3, 2026

FITNESS CENTRE HOURS

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

Holiday Hours: Dec 24 & 31: 7:00am–3:00pm | Dec 26 & Jan 1: 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.

SAT	SUN	MON	TUE	WED	THU	FRI
DEC 20	DEC 21	DEC 22	DEC 23	DEC 24	DEC 25	DEC 26
Dance Fit 9:30–10:30am Gail / Gym	Boot Camp 8:00–8:45am Leanne / AR Kardio Kickbox 10:15–11:15am Rocio / AR Yoga* 11:30am–12:30pm Rocio / AR	Fit & Functional 9:15–10:15am Monika / Gym Tabata 10:30–11:30am Monika / AR Yoga* 7:00–8:00pm Monika / AR	Step & Sculpt 9:15–10:15am Belen / Gym Yoga* 12:00–1:00pm Elle / AR HIIT 6:30–7:30pm Vafa / AR	NO CLASSES	CLOSED	NO CLASSES
DEC 27	DEC 28	DEC 29	DEC 30	DEC 31	JAN 1	JAN 2
Strength and Stretch 10:45–11:45am Belen / Gym	Boot Camp 8:00–8:45am Leanne / AR Kardio Kickbox 10:15–11:15am Rocio / AR Yoga* 11:30am–12:30pm Rocio / AR	Fit & Functional 9:15–10:15am Monika / Gym Tabata 10:30–11:30am Annie / AR Yoga* 7:00–8:00pm Monika / AR	Fit & Functional 9:15–10:15am Annie / Gym Yoga* 12:00–1:00pm Elle / AR HIIT 6:30–7:30pm Vafa / AR	Cardio & Strength 9:15–10:15am Belen / Gym	Yoga* 12:00–1:00pm Nicole / AR	Fit & Functional 9:15–10:15am Annie / Gym
JAN 3	JAN 4					
Dance Fit 9:30–10:30am Gloria / Gym Strength & Stretch 10:45–11:45am Annie / Gym	Boot Camp 8:00–8:45am Leanne / AR Kardio Kickbox 10:15–11:15am Rocio / AR Yoga* 11:30am–12:30pm Rocio / AR					

* Visit Cards are not valid for Yoga classes.



604-238-8422 | richmond.ca/thompson



Drop-In Fitness & Personal Training Fees

FITNESS DROP-IN, MEMBERSHIPS & VISIT CARDS

FITNESS DROP-IN PER VISIT

Youth (13–18 years) / Senior (55+ years)	\$5.10
Adult (19–54 years)	\$6.95
Yoga	\$8.75

FITNESS MEMBERSHIPS

Adult – 1 month	\$59.00
Adult – 3 months	\$129.00
Adult – 6 months	\$221.00
Adult – 1 year	\$371.00
Youth / 55+ – 1 month	\$48.00
Youth / 55+ – 3 months	\$107.00
Youth / 55+ – 6 months	\$184.00
Youth / 55+ – 1 year	\$306.00

FITNESS VISIT CARDS

Adult – 10 visits	\$56.00
Youth / 55+ – 10 visits	\$41.00

Note: Visit Cards are not valid for Yoga classes

ADD-ON FEES

Fitness Add-On*	\$1.00 community centre \$4.80 Watermania and Minoru Centre for Active Living	Family Add-On – 1 Year**	\$306.00
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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 [Personal Training](#). 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)	\$67.54	\$101.36
3 (1 hr)	\$192.58	\$288.93
5 (1 hr)	\$304.10	\$456.21
10 (1 hr)	\$574.44	\$861.77
5 (30 mins)	\$154.25	N/A
10 (30 mins)	\$304.10	N/A
20 (30 mins)	\$574.44	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. richmond.ca/fitness.
- Drop-in fitness classes are on a first-come, first-served basis.
- Check-in is open 15–30 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.

