

West Richmond Community Centre Drop-In Group Fitness & Fitness Centre Schedule

SPRING 2023 — MAR 27 – JUN 30

FITNESS CENTRE HOURS

Mon–Fri: 8:00am–9:30pm | **Sat & Sun:** 9:00am–4:30pm

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
	▲ Cycle Fit* 8:30–9:15am Sabine	▲ Cycle Fit* 8:30–9:15am Richard	▲ Cycle Fit* 8:30–9:15am Sabine	▲ Cycle Fit* 8:30–9:15am Sabine	▲ Cycle Fit* 8:30–9:15am Sabine	
■ Total Body Conditioning 9:15–10:15am Jackie/Olga	▲ Hybrid – Cardio Kick Box** 9:30–10:30am Sabine	▲ Hybrid – Body Sculpt** 9:30–10:30am Sabine	▲ Hybrid – Total Body Conditioning** 9:30–10:30am Sabine	▲ Hybrid – Tabata** 9:30–10:30am Olga		■ Step 9:15–10:15am Sandy
▲ Cycle Fit* 10:30–11:15am Lynn		● Hybrid – Low Impact** 10:35–11:35am Sabine	● Yoga – Hatha Style 10:45–11:45am Amy	● Hybrid – Ease Into Fitness** 10:35–11:35am Gail		
	● Online – Senior Strength* 12:00–1:00pm Sabine		● Hybrid – Senior Strength** 12:00–12:45pm Sabine		● Senior Strength* 12:00–1:00pm Murray	
	■ Cardio Combo 6:00–7:00pm Jackie	■ Cycle Fit* 6:15–7:00pm Lynn		■ Cycle Fit* 6:15–7:00pm Lynn		

● Low Intensity | ■ Moderate Intensity | ▲ High Intensity

*Registration is required for this class. Registration opens on the Monday at 6:00am one week prior.

**This is a hybrid class (in-person and online via Zoom). Participants are required to register for the online class. Registration opens on the Monday at 6:00am one week prior.

3 Ways to Register:

- www.richmond.ca/register
- 604-276-4300, Mon–Fri, 8:30am–5:00pm
- In-person at any community facility

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 West Richmond Community Centre. Information upon request at West Richmond Fitness Reception, front desk or www.richmond.ca/westrichmond. 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 West Richmond Fitness Reception at 604-238-8411 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.