

# South Arm Community Centre Drop-In Group Fitness & Fitness Centre Schedule

SUMMER 2022—JUL 1—SEP 5

## FITNESS CENTRE HOURS

**Mon–Fri:** 6:00am–10:00pm | **Sat & Sun:** 7:30am–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
		▲ <b>Cycle Fit*</b> 6:15–7:00am Shani	▲ <b>Boot Camp</b> 6:15–7:00am Shani	▲ <b>Cycle Fit*</b> 6:15–7:00am Shani		
■ <b>Step</b> 9:00–10:00am Haley ▲ <b>Cycle Fit*</b> 9:00–9:45am Shannon	■ <b>Dance Fit</b> 9:15–10:15am Gloria	▲ <b>H.I.I.T</b> 9:00–10:00am Connie	■ <b>Dance Fit</b> 9:15–10:15am Gloria	■ <b>Step</b> 9:00–10:00am Haley	▲ <b>H.I.I.T.</b> 9:00–10:00am Connie	● <b>Yoga</b> 9:00–10:00am Sylvia
▲ <b>Tabata</b> 10:15–11:15am Charlaine	▲ <b>Yoga Fusion</b> 10:30–11:30am Kelly	■ <b>Kardio Kick Box Interval</b> 10:15–11:15am Charlaine	■ <b>Core &amp; More</b> 10:30–11:30am Anastasia	■ <b>Kardio Kick Box Interval</b> 10:15–11:15am Charlaine	● <b>Yoga</b> 10:15–11:15am Janice	■ <b>Stretch &amp; Strength</b> 10:15–11:15am Cara
● <b>Yoga</b> 11:30am–12:30pm Connie	● <b>Yoga</b> 12:00–1:00pm Janice	● <b>Yoga</b> 12:00–1:00pm Lynn	● <b>Yoga</b> 12:00–1:00pm Judy	● <b>Yoga</b> 12:00–1:00pm Neelu	■ <b>Core &amp; Strength</b> 1:30–2:30pm Charlaine	■ <b>Core &amp; More</b> 11:30am–12:30pm Anastasia
	■ <b>Step</b> 5:00–6:00pm Jeremy			■ <b>Step 101</b> 5:00–6:00pm Jeremy/Olga	■ <b>Dance Fit</b> 5:00–6:00pm Gloria	
	▲ <b>Cycle Fit*</b> 6:15–7:00pm Shani ■ <b>Total Body Conditioning</b> 6:15–7:15pm Diane	■ <b>Stretch &amp; Strength</b> 6:15–7:15pm Raymond	▲ <b>Tabata</b> 6:15–7:15pm Connie	▲ <b>Cycle Fit*</b> 6:15–7:00pm Sylvia		
	● <b>Yoga</b> 7:30–8:30pm Amy/Vera		● <b>Yoga</b> 7:30–8:30pm Connie			

● Low Intensity | ■ Moderate Intensity | ▲ High Intensity

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

### 3 Ways to Register:

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



604-238-8060 | [www.richmond.ca/southarm](http://www.richmond.ca/southarm)



# Drop-in Fitness & Personal Training Fees

## FITNESS DROP-IN, MEMBERSHIPS & VISIT CARDS

### FITNESS DROP-IN PER VISIT

Youth (13 – 18 yrs) / Senior (55+ yrs)	\$4.60
Adult (19 – 54 yrs)	\$6.45
Yoga	\$8.75

### FITNESS MEMBERSHIPS

Adult – 1 month	\$55
Adult – 3 month	\$120
Adult – 6 month	\$205
Adult – 1 year	\$344
Youth / 55+ – 1 month	\$43
Youth / 55+ – 3 month	\$97
Youth / 55+ – 6 month	\$166
Youth / 55+ – 1 year	\$276

### FITNESS VISIT CARDS

Adult – 10 visits	\$52
Youth / 55+ – 10 visits	\$37

**Note:** Visit Cards are not valid for Yoga classes.

### ADD-ON FEES

Fitness Add-On*	\$1.00 community centre \$4.60 Watermania and Minoru Centre for Active Living	Family Add-On – 1 Year**	\$277
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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.

## PERSONAL TRAINING

Achieve fitness goals with an individualized plan from a Registered Personal Trainer at South Arm Community Centre. Information upon request at South Arm fitness reception, front desk or [www.richmond.ca/southarm](http://www.richmond.ca/southarm). Group rates are per person. Taxes included.

NO. OF SESSIONS	1-ON-1 INDIVIDUAL TRAINING	2-3 GROUP TRAINING
1 (1 hr)	\$56.65	\$85.00
3 (1 hr)	\$161.50	\$242.30
5 (1 hr)	\$255.35	\$382.60
10 (1 hr)	\$481.75	\$722.65
10 (30 mins)	\$255.35	N/A
20 (30 mins)	\$481.75	N/A

## FOR THE SAFETY AND ENJOYMENT OF ALL PARTICIPANTS

- Patrons are required to follow the Fitness Etiquette and Code of Conduct posted in the facility.
- Review the PAR-Q+ form or poster posted in the facility annually.
- Drop-in fitness classes are on a first-come, first-served basis.
- Wristbands are available 30 minutes before the class start time.
- Arrive on time to class. Latecomers are not permitted 5 minutes past the class start time.
- Youth 13–15 years old are required to complete a fitness centre orientation. Call South Arm Fitness Reception to book an orientation at 604-238-8488.
- Youth 13–18 years old are required to submit a Informed Consent and Permission Form for Youth Fitness Centre Access [www.richmond.ca/fitness](http://www.richmond.ca/fitness).