

# FITNESS CENTRE OPEN

## South Arm Community Centre fitness centre users **MUST** pre-register for a 75 minute session:

- Online at [richmond.ca/register](https://richmond.ca/register)
- By calling the Registration Call Centre at 604-276-4300
- No drop-in or in-person registration
- Youth 13 to 15 years old must complete a Youth Fitness Centre Orientation prior to attending

## Admission

Adult \$6.05 | Youth/Senior \$4.20

Fitness passes and memberships remain on hold

## Exercise session times available

Registration for each week of sessions starts at 10am the Monday before

### Monday to Friday

- 8–9:15am
- 9:30–10:45am
- 11am–12:15pm
- 12:30–1:45pm
- 2:15–3:30pm
- 3:45–5pm
- 5:15–6:30pm
- 6:45–8pm (Wednesday & Thursday only)