

FITNESS CENTRE OPEN

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

- Online at www.richmond.ca/register or call 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 \$6.25 | Youth/Senior \$4.40

To activate fitness memberships, visit www.richmond.ca/register or call the Registration Call Centre at 604-276-4300.

Exercise session times available

Registration for each week of sessions starts at 10:00am the Monday before.

Monday to Friday

- 6:30-7:45am
- 8:00-9:15am
- 9:30-10:45am
- 11:00am-12:15pm
- 12:30-1:45pm
- 2:15-3:30pm
- 3:45-5:00pm
- 5:15-6:30pm
- 6:45-8:00pm (Wednesday & Thursday only)