

# FALL 2025 FITNESS PROGRAMS



## Steveston Community Centre

4111 Moncton Street

604-238-8080

[stevestoncc@richmond.ca](mailto:stevestoncc@richmond.ca)



**\*Denotes program is relocated. Please see page 6 for relocated program location.**

## CARDIO, STRENGTH AND ATHLETICS

### FITNESS - FOR GIRLS - YOUTH

Sep 3 - Oct 1	Wed	5:00pm - 5:45pm	\$71.05/5 sess	13-18 yrs	<b>00437827</b>
Oct 8 - Nov 5	Wed	5:00pm - 5:45pm	\$71.05/5 sess	13-18 yrs	<b>00437829</b>
Nov 20 - Dec 18	Thu	7:30pm - 8:15pm	\$44.65/5 sess	13 - 18 yrs	<b>00437833*</b>

### GET INTO FITNESS - LEVEL 1 - YOUTH

Sep 8 - Oct 6	Mon	3:45pm - 4:45pm	\$71.05/5 sess	13-17 yrs	<b>00436950</b>
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### GET INTO FITNESS - LEVEL 2 - YOUTH

Oct 20 - Nov 10	Mon	3:45pm - 4:45pm	\$56.85/4 sess	13-17 yrs	<b>00436948</b>
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### GET INTO FITNESS - FOR GIRLS - LEVEL 1 - YOUTH

Sep 5 - Oct 3	Fri	4:45pm - 5:45pm	\$71.05/5 sess	13-17 yrs	<b>00436952</b>
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### GET INTO FITNESS - FOR GIRLS - LEVEL 2 - YOUTH

Oct 10 - Nov 7	Fri	4:45pm - 5:45pm	\$71.05/5 sess	13-17 yrs	<b>00436954</b>
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### FULL BODY CIRCUIT WORKOUT - ADULTS

Sep 6 - Oct 4	Sat	11:45am - 12:30pm	\$71.05/5 sess	16+ yrs	<b>00436134</b>
Oct 11 - Nov 8	Sat	11:45am - 12:30pm	\$71.05/5 sess	16+ yrs	<b>00436136</b>
Nov 22 - Dec 20	Sat	11:45am - 12:30pm	\$71.05/5 sess	16+ yrs	<b>00437711*</b>

### FUNDAMENTALS OF FITNESS - LEVEL 1 - ADULTS

Sep 4 - Oct 2	Thu	7:30pm - 8:30pm	\$71.05/5 sess	16+ yrs	<b>00436125</b>
Sep 8 - Oct 6	Mon	6:45pm - 7:45pm	\$71.05/5 sess	16+ yrs	<b>00436129</b>
Oct 9 - Nov 6	Thu	7:30pm - 8:30pm	\$71.05/5 sess	16+ yrs	<b>00436127</b>
Oct 20 - Nov 10	Mon	6:45pm - 7:45pm	\$56.85/4 sess	16+ yrs	<b>00436133</b>

**Taxes are added at the time of registration for Adult and Seniors programs.**

## CARDIO, STRENGTH AND ATHLETICS

### TRX® PLUS - ADULTS

Sep 4 - Oct 2	Thu	6:15pm - 7:15pm	\$71.05/5 sess	16+ yrs	<b>00436143</b>
Sep 2 - Sep 23	Tue	7:15pm - 8:15pm	\$56.85/4 sess	16+ yrs	<b>00436146</b>
Oct 7 - Nov 4	Tue	7:15pm - 8:15pm	\$71.05/5 sess	16+ yrs	<b>00436147</b>
Oct 9 - Nov 6	Thu	6:15pm - 7:15pm	\$71.05/5 sess	16+ yrs	<b>00436145</b>

### LADIES WHO LIFT - ADULTS

Sep 5 - Oct 3	Fri	6:00pm - 7:00pm	\$71.05/5 sess	16+ yrs	<b>00436120</b>
Oct 10 - Nov 7	Fri	6:00pm - 7:00pm	\$71.05/5 sess	16+ yrs	<b>00436123</b>

## CYCLING

### CYCLE AND STRENGTH - ADULTS

Sep 2 - Nov 4	Tue	6:00pm - 7:00pm	\$80.35/9 sess	18+ yrs	<b>00436940</b>
Sep 3 - Oct 1	Wed	6:45pm - 7:45pm	\$44.65/5 sess	18+ yrs	<b>00437835</b>
Sep 4 - Oct 2	Thu	7:30pm - 8:30pm	\$44.65/5 sess	18+ yrs	<b>00437820</b>
Sep 8 - Nov 10	Mon	6:30pm - 7:30pm	\$89.30/10 sess	18+ yrs	<b>00436941</b>
Oct 8 - Nov 5	Wed	6:45pm - 7:45pm	\$44.65/5 sess	18+ yrs	<b>00437836</b>
Oct 9 - Nov 6	Thu	7:30pm - 8:30pm	\$44.65/5 sess	18+ yrs	<b>00437822</b>

## DANCE FITNESS

### ZUMBA® - ADULTS

Sep 4 - Nov 6	Thu	9:15am - 10:15am	\$89.30/10 sess	18+ yrs	<b>00436180</b>
Sep 15 - Nov 10	Mon	7:15pm - 8:15pm	\$80.35/9 sess	18+ yrs	<b>00436937</b>
Nov 17 - Dec 15	Mon	7:15pm - 8:15pm	\$44.65/5 sess	18+ yrs	<b>00437708*</b>

### Did You Know?

**Our drop-in fitness classes are continuing during relocation!**

**For Drop-in Group Fitness Schedule please visit [www.richmond.ca/schedules](http://www.richmond.ca/schedules)**

## MIND BODY, MOBILITY AND FLEXIBILITY

### CORE YOGA - ADULTS

Sep 5 - Oct 24	Fri	11:00am - 12:15pm	\$101.10/8 sess	16+ yrs	<b>00436155</b>
Oct 31 - Dec 19	Fri	11:00am - 12:15pm	\$101.10/8 sess	16+ yrs	<b>00436157</b>

### GENTLE YOGA - ADULTS

Sep 2 - Oct 21	Tue	9:30am - 10:30am	\$70.75/7 sess	16+ yrs	<b>00436167</b>
Oct 28 - Dec 16	Tue	9:30am - 10:30am	\$70.75/7 sess	16+ yrs	<b>00436175</b>

### PILATES - ALL LEVELS - ADULTS

Sep 3 - Oct 22	Wed	9:30am - 10:30am	\$80.90/8 sess	14+ yrs	<b>00436160</b>
Sep 3 - Nov 5	Wed	6:45pm - 7:45pm	\$101.10/10 sess	14+ yrs	<b>00437692</b>
Nov 12 - Dec 17	Wed	9:30am - 10:30am	\$60.65/6 sess	14+ yrs	<b>00436164</b>
Nov 19 - Dec 17	Wed	7:30pm - 8:30pm	\$50.55/5 sess	14+ yrs	<b>00437693*</b>

### SIMPLY STRETCH - ADULTS

Sep 8 - Nov 10	Mon	5:15pm - 6:15pm	\$89.30/10 sess	16+ yrs	<b>00436939</b>
Nov 17 - Dec 15	Mon	6:00pm - 7:00pm	\$44.65/5 sess	16+ yrs	<b>00437710*</b>

### STRENGTH & FLEX YOGA - ADULTS

Sep 5 - Oct 24	Fri	9:30am - 10:45am	\$101.10/8 sess	16+ yrs	<b>00436153</b>
Oct 31 - Dec 19	Fri	9:30am - 10:45am	\$101.10/8 sess	16+ yrs	<b>00436154</b>

### YIN YOGA - ADULTS

Sep 2 - Nov 4	Tue	7:15pm - 8:30pm	\$113.75/9 sess	16+ yrs	<b>00436932</b>
Nov 18 - Dec 16	Tue	7:15pm - 8:30pm	\$63.20/5 sess	16+ yrs	<b>00437714*</b>

## WALKING AND RUNNING

### NORDIC POLE WALKING AND STRENGTH - OUTDOOR - ADULTS

Sep 8 - Oct 6	Mon	10:00am - 11:00am	\$44.65/5 sess	16+ yrs	<b>00437685</b>
Sep 10 - Oct 8	Wed	10:00am - 11:00am	\$44.65/5 sess	16+ yrs	<b>00437687</b>



## ACTIVE MOVEMENT FOR CHRONIC CONDITIONS

### BETTER BACKS AND BALANCE - BEGINNER - 55+

Sep 2 - Oct 21	Tue	11:45am - 12:45pm	\$43.75/7 sess	55+ yrs	<b>00435798</b>
Sep 6 - Oct 25	Sat	10:30am - 11:30am	\$50.00/8 sess	55+ yrs	<b>00435804</b>
Oct 28 - Dec 16	Tue	11:45am - 12:45pm	\$43.75/7 sess	55+ yrs	<b>00435799</b>
Nov 1 - Dec 20	Sat	10:30am - 11:30am	\$50.00/8 sess	55+ yrs	<b>00435805</b>

### EXERCISES FOR THOSE WITH PARKINSON'S - 55+

Sep 4 - Oct 23	Thu	11:45am - 12:45pm	\$50.00/8 sess	55+ yrs	<b>00435802</b>
Oct 30 - Dec 18	Thu	11:45am - 12:45pm	\$50.00/8 sess	55+ yrs	<b>00435803</b>

### MINDS, MUSCLES AND MOBILITY - 55+

Sep 2 - Oct 21	Tue	10:30am - 11:30am	\$43.75/7 sess	55+ yrs	<b>00435796</b>
Sep 4 - Oct 23	Thu	10:30am - 11:30am	\$50.00/8 sess	55+ yrs	<b>00435800</b>
Oct 28 - Dec 16	Tue	10:30am - 11:30am	\$43.75/7 sess	55+ yrs	<b>00435797</b>
Oct 30 - Dec 18	Thu	10:30am - 11:30am	\$50.00/8 sess	55+ yrs	<b>00435801</b>

## CARDIO, STRENGTH AND ATHLETICS

### A.M.B.S. (AGILITY MOBILITY BALANCE STRENGTH) - 55+

Sep 3 - Oct 1	Wed	1:30pm - 2:30pm	\$55.70/5 sess	55+ yrs	<b>00435792</b>
Sep 5 - Oct 3	Fri	12:30pm - 1:30pm	\$55.70/5 sess	55+ yrs	<b>00435794</b>
Sep 8 - Oct 6	Mon	11:30am - 12:30pm	\$55.70/5 sess	55+ yrs	<b>00435790</b>
Oct 8 - Nov 5	Wed	1:30pm - 2:30pm	\$55.70/5 sess	55+ yrs	<b>00435793</b>
Oct 10 - Nov 7	Fri	12:30pm - 1:30pm	\$55.70/5 sess	55+ yrs	<b>00435795</b>
Oct 20 - Nov 10	Mon	11:30am - 12:30pm	\$44.55/4 sess	55+ yrs	<b>00435791</b>
Nov 17 - Dec 15	Mon	2:45pm - 3:45pm	\$55.70/5 sess	55+ yrs	<b>00437701*</b>
Nov 19 - Dec 17	Wed	1:30pm - 2:30pm	\$55.70/5 sess	55+ yrs	<b>00437704*</b>
Nov 21 - Dec 19	Fri	12:30pm - 1:30pm	\$55.70/5 sess	55+ yrs	<b>00437699*</b>

## CARDIO, STRENGTH AND ATHLETICS

### LADIES WHO LIFT - BEGINNER - 55+

Sep 2 - Sep 23	Tue	12:30pm - 1:30pm	\$44.55/4 sess	55+ yrs	<b>00435806</b>
Sep 3 - Oct 1	Wed	12:15pm - 1:15pm	\$55.70/5 sess	55+ yrs	<b>00435808</b>
Oct 7 - Nov 4	Tue	12:30pm - 1:30pm	\$55.70/5 sess	55+ yrs	<b>00435807</b>
Oct 8 - Nov 5	Wed	12:15pm - 1:15pm	\$55.70/5 sess	55+ yrs	<b>00435809</b>

## CYCLING

### CYCLE AND STRENGTH - SILVER - 55+

Sep 3 - Oct 1	Wed	9:00am - 10:00am	\$35.00/5 sess	55+ yrs	<b>00435786</b>
Sep 8 - Oct 6	Mon	10:15am - 11:15am	\$35.00/5 sess	55+ yrs	<b>00435784</b>
Oct 8 - Nov 5	Wed	9:00am - 10:00am	\$35.00/5 sess	55+ yrs	<b>00435787</b>
Oct 20 - Nov 10	Mon	10:15am - 11:15am	\$28.00/4 sess	55+ yrs	<b>00435785</b>

## DANCE FITNESS

### ZUMBA® - GOLD - ALL LEVELS - 55+

Sep 3 - Oct 22	Wed	12:15pm - 1:15pm	\$56.00/8 sess	55+ yrs	<b>00435810</b>
Oct 29 - Dec 17	Wed	12:15pm - 1:15pm	\$56.00/8 sess	55+ yrs	<b>00436113</b>

### \*Denotes program is relocated

- Fitness for Girls, Zumba, Pilates, Simply Stretch, and Yin Yoga are relocated to JCCC
- Full Body Circuit and A.M.B.S. are relocated to MA

JCCC	Japanese Canadian Cultural Centre	4255 Moncton Street
MA	Steveston Martial Arts Centre	4251 Moncton Street

## FITNESS PASS FEES

COMMUNITY CENTRE FITNESS VISITS	ADULTS (19-54 YRS)	YOUTH (13-18 YRS)/ SENIORS (55+ YRS)
Drop-In	\$6.95	\$5.10
Yoga	\$8.75	\$8.75
10 Visit Card	\$56.00	\$41.00
1 Month	\$59.00	\$48.00
3 Month	\$129.00	\$107.00
6 Month	\$221.00	\$184.00
1 Year	\$371.00	\$306.00
Family Add-On - 1 Year*	\$306.00	N/A

\*Family add-on - 1 year: For immediate family members residing in the same residence.

With the purchase of a 1 year Fitness Adult Membership, one additional adult may be added for the price listed in the chart. The first family member pays the full rate with the additional member paying the reduced rate. Fitness Memberships must be purchased at the same time, are non-transferable and only apply to 1 year terms.

Purchase Memberships and 10 Visit Cards at the front desk of any community facility.

Valid Fitness Membership holders can attend drop-in fitness classes and fitness centres at other locations for an add-on fee of \$1.00 (community centres) or \$4.80 (Minoru Centre for Active Living and Watermania). Drop-in Yoga classes are not included in this offer.

Annual Fitness Membership holders are permitted one vacation extension per year (during the effective dates of the fitness membership). This extension must be requested prior to the start of the vacation, is only granted for periods of more than two weeks and cannot exceed one calendar month. Extension Request forms are available at front desk or from fitness staff where Annual Fitness Memberships are sold.

# FITNESS

## PERSONAL TRAINING

Improve fitness and wellness with support from a Registered Personal Trainer. Group Training: 2-3 friends or family members with similar fitness levels and 1 trainer. Taxes included. Contact the Fitness Coordinator or staff directly at 604-238-8080 for more information or to submit a Personal Training Package, found online at [richmond.ca/fitness](http://richmond.ca/fitness).

# 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

## FITNESS CENTRE ORIENTATIONS

Fitness Centre Orientations are free and recommended for anyone new or returning to a community fitness centre. Registration is required and can be booked directly with the fitness centre of choice. Please call us at 604-238-8097 to book!

Fitness Centre Orientations are mandatory for youth (13-15 years) regardless of previous weight training experience. An orientation is not required for youth (16 -18 years) with previous weight training experience, if noted on the signed Parental Consent Form. However, a meeting with a Fitness Attendant to review the Fitness Centre Etiquette and Code of Conduct is strongly recommended. Note: An orientation only needs to be completed once for eligibility to exercise at all centres.

Youth (13-18 years) are welcome to use any fitness centre with the completion of the following requirements found online at [richmond.ca/fitness](http://richmond.ca/fitness).

1. Informed Consent and Permission Form for Youth Fillable Form
2. PAR-Q+ Fillable Form