

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

SUMMER 2022—JUL 1—SEP 5

FITNESS CENTRE HOURS

Mon–Fri: 8:00am–8:30pm | **Sat:** 9:00am–1:00pm | **Sun:** 9:00am–1:00pm

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

● 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
- 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)	\$4.60
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 West Richmond Community Centre. Information upon request at West Richmond front desk or www.richmond.ca/westrichmond. 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. To book an orientation, call Murray Phillips at 604-238-8411. Walk-in orientations accepted Monday–Friday 2:30–4:30pm during the school year only.
- Youth 13–18 years old are required to submit a Informed Consent and Permission Form for Youth Fitness Centre Access www.richmond.ca/fitness.