

Group Exercise Descriptions

Yoga

Target flexibility, strength and endurance, manage stress, improve concentration and increase overall fitness levels.

Aquasize Descriptions

Note: Ability to swim is a prerequisite for all deep water workouts.

Deep Water Conditioning

A total body workout with focus on cardio conditioning and core strengthening.

Deep Water H.I.I.T. (High Intensity Interval Training)

A challenging interval training class in the deep water.

H2O Bootcamp

High intensity training in the deep end for people looking to take their aqua workouts to the next level.

Low Impact Aqua

A lower intensity workout with cardio and strength exercises in shallow water. **Note:** Now 45 minutes.

Power Water

A moderate to challenging class in shallow water. An excellent full body workout with low impact on joints.

Rise & Shine Aqua

A 45 minute early morning shallow water total workout.

Seniors/Adult Aquasize

A 45 minute class designed for older adults. Includes cardiovascular conditioning, strength, and balance.

Waterworks

Specifically for people with arthritis, helps relieve stiffness, increase flexibility, and improve strength and endurance.

Specialty Health and Wellness Programs

All programs held at Watermania unless otherwise stated. GST will be added to the stated program fees below. Registered classes are not held on statutory holidays.

Joint Replacement Recovery (JR2)

Improve range of motion and muscular strength following total hip or knee replacement in this post-operative recovery program. Progression to the weight room is added once more intensive activity is recommended. Pre-requisite: Joint Replacement Recovery Orientation. (Appropriate for Pre-operative patients as well.)

Mon & Thu .. 1:00pm-2:15pm Jul 6-Jul 31..... 1999488
\$62.00/8 sessions

Mon & Thu .. 1:00pm-2:15pm Aug 3-Aug 31..... 1999489
\$62.00/8 sessions

Yoga for Plus Size

Learn proper breathing techniques, modified yoga poses, and relaxation techniques in this program specifically for plus size individuals of all fitness levels.

Mon 5:45pm-6:45pm Jul 10-Aug 28 1999588
\$54.20/8 sessions



14300 Entertainment Blvd.
Richmond, BC V6W 1K3
604-448-5353



7560 Minoru Gate
Richmond, BC V6Y 1R9
604-238-8020

Summer 2017 Fitness Programs Your One Stop Fitness Facility!



To Register: In person, by Internet – www.richmond.ca,
or by phone at 604-276-4300

www.richmond.ca/aquatics

City of Richmond

6911 No. 3 Road, Richmond, BC V6Y 2C1
www.richmond.ca
June 29, 2017



Watermania Fitness Centre Features & Services

- 3000 sq. ft. fitness centre
- 22 cardio pieces
- Full line of Selectorized weight machines
- Olympic weights & dumbbells
- Smith machine
- Squat rack
- Barbells

	Youth/ Senior	Adult
Drop In	\$5.55	\$6.85
10 Visits	\$44.40	\$54.80
1 Month	\$53.50	\$66.00
3 Months	\$130.00	\$160.50
6 Months	\$216.50	\$267.00
1 Year	\$389.50	\$481.00

Prices include applicable taxes

Fitness Centre Hours

Statutory holiday hours are 10:30am-8:30pm.

Attendants' hours are subject to change.

	Fitness Centre Hours	Attendants on Duty
Sunday	10:00am-10:00pm	10:00am-2:00pm 6:00pm-10:00pm
Monday	6:00am-10:00pm	9:00am-12:00pm 4:00pm-10:00pm
Tuesday	6:00am-10:00pm	8:00am-12:00pm 4:00pm-10:00pm
Wednesday	6:00am-10:00pm	9:00am-1:00pm 4:00pm-10:00pm
Thursday	6:00am-10:00pm	10:30am-1:00pm 4:00pm-10:00pm
Friday	6:00am-10:00pm	8:00am-12:00pm 4:00pm-10:00pm
Saturday	6:00am-10:00pm	10:00am-2:00pm 6:00pm-10:00pm

Personal Training

Reach your fitness goals with the help of a personal trainer for inspiration, expertise and one-on-one assistance. Learn how to make your workouts challenging, interesting, and fun! Phone 604-448-5358 for a free consultation or to book your personal training session.

Personal Training Rates *(Prices include applicable taxes)*

	One on One	Train with a Friend
1 Session	\$51.50	\$76.75
3 Sessions	\$145.80	\$218.70
5 Sessions (or 10 x 30 min. sessions)	\$230.20	\$345.30
10 Sessions (or 20 x 30 min. sessions)	\$434.80	\$652.30

Fitness Programs at Watermania

Fitness Centre Orientations

New fitness centre participants are recommended to take this introduction to the fitness centre. A BCRPA Registered Weight Training Instructor will provide you with information about equipment use, fitness centre etiquette, and workout program basics. Open for anyone looking for an exercise program or fitness centre guidance.

Fitness Centre for Youth (13–17 yrs)

All youth aged 13–17 yrs must submit a completed Parental Consent form and PARQ+ prior to using the Watermania Fitness Centre. Additionally, all youth aged 13–15 yrs, and all youth 16–17 yrs with no previous weight training experience must complete a Youth Orientation prior to using the Fitness Centre.

Fitness Centre orientations are held on an ongoing basis and can be booked with Watermania Reception or by calling 604-448-5358. Free with drop-in fee or facility pass.

Richmond Aquatics Fitness Schedule

All classes are cancelled on Statutory holidays. Group Fitness and Aquasize classes are included with regular admission.

Location	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Minoru Aquatic Centre	7:00am-7:45am		Rise & Shine Aqua		Rise & Shine Aqua		
	8:15am-9:00am						Power Water
	9:00am-10:00am	Power Water	Power Water	Power Water	Power Water	Power Water	
	1:30pm-2:15pm	Waterworks	Senior/Adult Aquasize	Waterworks	Senior/Adult Aquasize	Waterworks (1:00pm-1:45pm OR 1:45pm-2:30pm)	
	6:00pm-7:00pm	Power Water	Power Water	Power Water	Power Water		
Watermania Pool	9:15am-10:15am	Deep Water Conditioning	Deep Water Conditioning	Deep Water Conditioning	Deep Water Conditioning	Deep Water Conditioning	
	7:00pm-8:00pm	Deep Water H.I.I.T. (7:00pm-7:45pm)		H2O Bootcamp (7:00pm-7:45pm)	Power Water		
Watermania Multi-Purpose Room	9:15am-10:15am	Yoga			Yoga		
	10:30am-11:30am			Yoga			

Fitness schedules and instructors are subject to change without notice.