

Group Fitness Descriptions

Yoga

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

Aquafit Descriptions

All classes are held in shallow water unless otherwise stated.

Floatation belts are provided for all deep water workouts. Participants must be comfortable in deep water.

Aquafit Conditioning ■

Strengthen deep muscles of the core for a combined cardio and muscle conditioning workout. This class is offered in a deep and shallow water version.

Aqua H.I.I.T ▲

Intense training based on the High Intensity Interval Training (H.I.I.T.) method to improve cardio endurance and strength.

Aqua Joints *

Be kind to your joints while increasing mobility, flexibility and endurance that may increase range of motion and relieve stiffness due to arthritis and other chronic muscle and joint conditions.

H2O Boot Camp ■

Pump up your workout with a variety of moves designed circuit-style to boost your stamina and strength.

Low Impact Aqua *

Move to the music in the shallow end while improving cardio, strength, endurance and balance with minimal impact on the joints.

Morning Splash ■

Jump start the day with upbeat music and a total body workout including low impact and power options.

Move to Improve *

Ease aching joints and add strength, balance and power to every day movements. Enjoy a mix of cardio, strength, balance and flexibility for a well-rounded workout with less impact.

Power Water ■

Build stamina and strength in this heart pumping mix of low impact and power moves. Enjoy a full body workout complete with cardio and strength training.

Rise and Shine *

Start the morning right in this invigorating and fun total body workout. Improve cardio, strength and flexibility with low impact and functional moves.

* Low Intensity | ■ Moderate Intensity | ▲ High Intensity

Welcome to Aquafit

Aquafit Etiquette

To keep your workouts fun and safe for all, please follow these guidelines.

1. Be respectful to all staff and fellow participants. This is a group workout in a community space.
2. Arrive on time to class. Late comers are not permitted after 5 minutes.
3. Use lockers for personal belongings and store all equipment in a safe area to the side.
4. Be sure to participate in the warm up, cool down and stretch to help prevent injury. Each component of the class is equally important.
5. Listen to your body and work at your own pace. Ask for help if needed.
6. Keep hydrated! Drink water before, during and after the class.

If you are new to the class, arrive early and introduce yourself to the instructor. Review the PAR-Q+ annually to ensure you are ready to begin exercise.



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

www.richmond.ca/watermania



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

www.richmond.ca/aquatics

March–June 2019 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

March 1, 2019



Watermania Fitness Centre Features & Services

- 3000 sq. ft. fitness centre
- 24 cardio pieces
- Synrgy360 System with multi-jungle unit
- Olympic weights & dumbbells
- Smith machine
- 2 squat racks
- Barbells and kettlebells

	Youth/ Senior	Adult
Drop In	\$5.65	\$7.00
10 Visits	\$45.20	\$56.00
1 Month	\$54.00	\$67.00
3 Months	\$132.00	\$164.00
6 Months	\$220.00	\$273.00
1 Year	\$396.75	\$492.00

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
Monday	6:00am-10:00pm	6:00am-12:00pm 4:00pm-10:00pm
Tuesday	6:00am-10:00pm	6:00am-12:00pm 4:00pm-10:00pm
Wednesday	6:00am-10:00pm	6:00am-12:00pm 4:00pm-10:00pm
Thursday	6:00am-10:00pm	6:00am-1:00pm 4:00pm-10:00pm
Friday	6:00am-10:00pm	6:00am-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 604-238-8010 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	\$52.65	\$78.95
3 Sessions	\$150.00	\$225.00
5 Sessions (or 10 x 30 min. sessions)	\$236.90	\$355.05
10 Sessions (or 20 x 30 min. sessions)	\$447.40	\$671.00

Fitness Programs at Watermania

Registered programs—for a list of registered programs check www.richmond.ca

Fitness Centre Orientations

New fitness centre participants are recommended to take this free introduction to the fitness centre. A certified Weight Training Instructor will provide you with information about equipment use, fitness centre etiquette, and workout program basics. Orientations can be booked in person at Watermania or by calling 604-448-5353.

Fitness Centre for Youth (13–17 yrs)

All youth aged 13–17 yrs must submit a completed Parental Consent form and PAR-Q+ 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 Fitness Centre 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 Group and Aquafit Fitness Schedule

Group Fitness and Aquafit classes are included with regular admission. Classes are cancelled on stat holidays. Effective March 4, 2019.

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minoru Aquatic Centre	Rise & Shine * (7-7:45am)	Morning Splash ■ (7-7:45am)	Morning Splash ■ (7-7:45am)	Rise & Shine * (7-7:45am)			
	Power Water ■ (8:30-9:15am)	Low Impact Aqua* (9-9:45am)	Power Water ■ (8:30-9:15am)	Power Water ■ (8:30-9:15am)	Low Impact Aqua* (9-10am)	Power Water ■ (8:15-9:00am)	
	Low Impact Aqua* (9:30-10:15am)		Low Impact Aqua* (9:30-10:15am)	Low Impact Aqua* (9:30-10:15am)			Aqua Conditioning – Deep Water ■ (11:15am-12pm)
	Aqua Joints * (1:30-2:15pm)	Move to Improve * (1:30-2:15pm)	Aqua Joints * (1:30-2:15pm)	Move to Improve * (1:30-2:15pm)	Aqua Joints * (1:00-1:45pm or 1:45-2:15pm)		
	Power Water ■ (6-7pm)	Power Water ■ (6-7pm)	Power Water ■ (6-7pm)	Power Water ■ (6-7pm)			
Watermania Pool	Aqua Conditioning – Deep Water ■ (9:15-10:15am)	Aqua Conditioning – Deep Water ■ (9:15-10:15am)	Aqua Conditioning – Deep Water ■ (9:15-10:15am)	Aqua Conditioning – Deep Water ■ (9:15-10:15am)	Aqua Conditioning – Deep Water ■ (9:15-10:15am)		
	Low Impact Aqua* (11:30am-12:15pm)				Low Impact Aqua* (11:30am-12:15pm)		
	Aqua H.I.I.T. – Deep Water ▲ (7-7:45pm)		H2O Bootcamp– Deep Water ■ (7-7:45pm)			Women's Only Aquafit * (8:45-9:30pm)	
Watermania Multi-Purpose Room	Yoga (9:15-10:15am)		Yoga (9:15-10:15am)	Yoga (9:15-10:15am)			

Fitness schedules and instructors are subject to change without notice.