

# Cambie Community Centre Drop-In Group Fitness & Fitness Centre Schedule



WINTER 2026 — JAN 1 – MAR 21

## FITNESS CENTRE HOURS

**Mon–Fri:** 7:00am–9:45pm | **Sat:** 8:00am–8:00pm | **Sun:** 8:00am–9:45pm

*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   |
|-----|---|--|---|---|--|---|
|     | ■ <b>Total Body Conditioning</b><br>10:30–11:00am | ■ <b>Dance Fit</b><br>10:00–11:00am      | ■ <b>Total Body Conditioning</b><br>10:00–11:00am |   | ■ <b>Functional Fitness</b><br>10:00–11:00am | ■ <b>Total Body Conditioning</b><br>8:15–9:15am |
|     |   | ■ <b>Hybrid – Yoga**</b><br>12:15–1:00pm | ▲ <b>Hybrid – H.I.I.T.**</b><br>12:15–1:00pm      | ■ <b>Hybrid – Total Body Conditioning**</b><br>12:15–1:00pm | ■ <b>Barre Fit</b><br>12:15–1:00pm           |   |

● Low Intensity | ■ Moderate Intensity | ▲ High Intensity

\*\*This is a hybrid class (in-person and online via Zoom). Participants are required to register for the online class. Registration opens at 6:00am on the Monday one week prior.

### 3 Ways to Register:

- [richmond.ca/register](https://richmond.ca/register)
  - 604-276-4300, Mon–Fri, 8:30am–5:00pm
  - In-person at any community facility
- Can't attend after registering? Call 604-238-8399 to cancel so others can sign up.



604-238-8399 | [richmond.ca/cambie](https://richmond.ca/cambie)



# Drop-In Fitness & Personal Training Fees

## FITNESS DROP-IN, MEMBERSHIPS & VISIT CARDS

### FITNESS DROP-IN PER VISIT

|  |        |
|--|--------|
| Youth (13 – 18 years) / Senior (55+ years) | \$5.10 |
| Adult (19 – 54 years)                      | \$6.95 |
| Yoga                                       | \$8.75 |

### FITNESS MEMBERSHIPS

|                        |          |
|------------------------|----------|
| Adult – 1 month        | \$59.00  |
| Adult – 3 months       | \$129.00 |
| Adult – 6 months       | \$221.00 |
| Adult – 1 year         | \$371.00 |
| Youth / 55+ – 1 month  | \$48.00  |
| Youth / 55+ – 3 months | \$107.00 |
| Youth / 55+ – 6 months | \$184.00 |
| Youth / 55+ – 1 year   | \$306.00 |

### FITNESS VISIT CARDS

|                         |         |
|-------------------------|---------|
| Adult – 10 visits       | \$56.00 |
| Youth / 55+ – 10 visits | \$41.00 |

**Note:** Visit Cards are not valid for Yoga classes

### ADD-ON FEES

|                 |  |                          |          |
|-----------------|--|--------------------------|----------|
| Fitness Add-On* | \$1.00 community centre<br>\$4.80 Watermania and Minoru Centre for Active Living | Family Add-On – 1 Year** | \$306.00 |
|-----------------|--|--------------------------|----------|

\*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. For adults only.

## PERSONAL TRAINING

Improve fitness and wellness with support from a Registered Personal Trainer at Cambie Community Centre. Information upon request at Cambie Fitness Reception, front desk or [Personal Training](#). Group Training: 2 – 3 friends or family members with similar fitness levels and 1 trainer. Taxes included.

| NO. 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                |

## FOR THE SAFETY AND ENJOYMENT OF ALL PARTICIPANTS

- Review and follow the Fitness Centre Etiquette, Fitness Class Etiquette and Code of Conduct as posted.
- Review the PAR-Q annually or if your condition changes. [richmond.ca/fitness](http://richmond.ca/fitness).
- Drop-in fitness classes are on a first-come, first-served basis.
- Arrive on time to class. Latecomers are not permitted 5 minutes past class start time.
- Youth 13 – 15 years old are required to complete a fitness centre orientation. Call Cambie Fitness Reception at 604-238-8399 to book an orientation.
- Youth 13 – 18 years old are required to submit a [Informed Consent and Permission Form for Youth](#) Fitness Centre Access.