

City Centre Community Centre Drop-In Group Fitness & Fitness Centre Schedule



SUMMER 2025 — JUN 30 — SEP 1

FITNESS CENTRE HOURS

Mon–Fri: 6:00am–11:00pm | **Sat & Sun:** 6:00am–11:00pm | **Holidays:** 8:00am–8:00pm

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 |
|--|---|---|---|--|---|--|
| | | | | | | ▲ H.I.I.T. 8:30–9:15am |
| ● Simple Stretch 10:45–11:30am | ▲ Power Fit Dance 9:30–10:30am | ■ Cycle Fit* 9:00–10:00am | ■ Fit and Functional 9:15–10:15am | ■ Core and Cardio 9:30–10:30am | ■ Total Body Conditioning 10:00–11:00am | ■ Core and Strength 9:30–10:30am |
| ▲ Cycle Fit* 11:00–11:45am | ● Pure Stretch 10:45–11:30am | ● Ball Workout 10:45–11:45am | | ▲ Tabata Express 10:45–11:30am | | ● Yoga 10:45–11:45am |
| ● Yoga 12:00–1:00pm | | ■ Cardio and Strength 12:05–12:50pm | | | | |
| | ■ Dance Fit For Women 5:00–6:00pm | ■ Cycle and Strength 5:15–6:15pm | | | | |
| | ■ Cycle Fit* 6:30–7:15pm | | ■ Dance Fit 6:30–7:30pm | ▲ Power Fit Dance 6:30–7:30pm | ▲ Cycle Fit* 6:45–7:30pm | |
| | ● Yoga 7:45–8:45pm | | ▲ Cycle Fit* 6:45–7:30pm | ● Yoga 7:45–8:45pm | | |

● Low Intensity | ■ Moderate Intensity | ▲ High Intensity

*Registration is required for Cycle Fit classes. Registration opens at 6:00am on the Tuesday one week prior.

3 Ways to Register:

- richmond.ca/register
- 604-276-4300, Mon–Fri, 8:30am–5:00pm
- In-person at any community facility

Can't attend after registering? Call 604-204-8588 to cancel so others can sign up.

Drop-In Fitness & Personal Training Fees

FITNESS DROP-IN, MEMBERSHIPS & VISIT CARDS

FITNESS DROP-IN PER VISIT

| | |
|--|--------|
| Youth (13 – 18 years) / Senior (55+ years) | \$5.00 |
| Adult (19 – 54 years) | \$6.90 |
| Yoga | \$8.75 |

FITNESS VISIT CARDS

| | |
|---|---------|
| Adult – 10 visits | \$55.00 |
| Youth / 55+ – 10 visits | \$40.00 |
| Note: Visit Cards are not valid for Yoga classes | |

FITNESS MEMBERSHIPS

| | |
|------------------------|----------|
| Adult – 1 month | \$59.00 |
| Adult – 3 months | \$128.00 |
| Adult – 6 months | \$219.00 |
| Adult – 1 year | \$365.00 |
| Youth / 55+ – 1 month | \$47.00 |
| Youth / 55+ – 3 months | \$105.00 |
| Youth / 55+ – 6 months | \$180.00 |
| Youth / 55+ – 1 year | \$300.00 |

ADD-ON FEES

| | | | |
|---|--|---|----------|
| Fitness Add-On* | \$1.00 community centre \$4.80 Watermania and Minoru Centre for Active Living | Family Add-On – 1 Year** | \$300.00 |
| *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 City Centre Community Centre. Information upon request at City Centre 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) | \$64.95 | \$97.45 |
| 3 (1 hr) | \$185.15 | \$277.60 |
| 5 (1 hr) | \$292.40 | \$438.65 |
| 10 (1 hr) | \$552.35 | \$828.65 |
| 5 (30 mins) | \$154.25 | N/A |
| 10 (30 mins) | \$292.40 | N/A |
| 20 (30 mins) | \$552.35 | 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.
- Drop-in fitness classes are on a first-come, first-served basis.
- Tickets are available 15 minutes before class start time.
- 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 City Centre Fitness Reception at 604-204-8588 to book an orientation.
- Youth 13 – 18 years old are required to submit a [Informed Consent and Permission Form for Youth](#) Fitness Centre Access.