

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



WINTER 2026 — JAN 6 – MAR 29

## 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
						▲ <b>H.I.I.T.</b> 8:30–9:15am
	▲ <b>Power Fit Dance</b> 9:30–10:30am		■ <b>Fit and Functional</b> 9:15–10:15am	■ <b>Cardio and Core</b> 9:30–10:30am	■ <b>Total Body Conditioning</b> 10:00–11:00am	■ <b>Core and Strength</b> 9:30–10:30am
▲ <b>Cycle Fit*</b> 11:00–11:45am	● <b>Pure Stretch</b> 10:45–11:30am	● <b>Ball Workout</b> 10:45–11:45am		▲ <b>Tabata Express</b> 10:45–11:30am		● <b>Yoga</b> 10:45–11:45am
● <b>Yoga</b> 12:00–1:00pm		■ <b>Cardio and Strength</b> 12:05–12:50pm				
			● <b>Pure Stretch</b> 5:30–6:15pm			
	■ <b>Cycle Fit*</b> 6:30–7:15pm		■ <b>Dance Fit</b> 6:30–7:30pm	▲ <b>Power Fit Dance</b> 6:30–7:30pm	▲ <b>Cycle Fit*</b> 6:45–7:30pm	
	● <b>Yoga</b> 7:45–8:45pm		▲ <b>Cycle Fit*</b> 6:45–7:30pm	● <b>Yoga</b> 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](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 604-204-8588 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)	\$5.10
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 \$4.80 Watermania and Minoru Centre for Active Living	Family Add-On – 1 Year**	\$306.00
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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. 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)	\$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.
- 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.