Hamilton Community Centre

Drop-In Group Fitness & Fitness Centre Schedule

FALL 2026 — EFF. SEP 8

FITNESS CENTRE HOURS

Mon – Fri: 7:00am – 9:30pm | **Sat:** 8:00am – 8:00pm | **Sun:** 9:00am – 4:30pm

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
						■ **Total Body Conditioning** 8:15 – 9:15am
	■ **Cardio and Strength** 9:00 – 10:00am		● **Functional Training** 9:00 – 10:00am		■ **Core and Strength** 9:00 – 10:00am	■ **Total Body Conditioning** 9:30 – 10:30am
				■ **Total Body Conditioning** 7:00 – 8:00pm		

● Low Intensity | ■ Moderate Intensity | ▲ High Intensity

Drop-In Fitness Class Descriptions

BALL WORKOUT
Boost cardio, build strength and improve core stability and balance with engaging exercises that utilize a Bosu or traditional stability ball.

BOOT CAMP
Get back to basics with this high-energy workout that combines bodyweight movements and resistance equipment to build strength and boost endurance for a full body challenge.

CARDIO AND CORE
Blend cardio intervals with targeted core training in this dynamic workout that elevates heart rates and fires up midsections for a stronger, more balanced body.

CARDIO AND STRENGTH
Build a stronger, fitter body with this balanced workout that alternates heart-pumping cardio intervals and resistance training for improved endurance, strength and fitness.

CORE AND MORE
Improve flexibility and posture through a balanced blend of stability work, stretching and full-body conditioning for a stronger and more toned core.

CORE AND STRETCH
Learn functional, progressive exercises to build core strength, stability and balance, followed by a full body stretch to improve flexibility and recovery.

CARDIO COMBO
Boost endurance, burn calories and keep moving strong in this pumped up, total body workout that blends high-energy, low-impact cardio moves.

CYCLE FIT
Build power and stamina with moderate to high-intensity cycling drills that improves cardiovascular fitness and muscle endurance.

DANCE FIT
Move to high-energy music in this fun, choreography-based workout that boosts cardiovascular fitness, maintains motivation and gets hearts pumping.

DANCE AND TONE
Shake, sway and shimmy to upbeat music in this fun, full-body workout followed with light resistance training to build strength and tone muscles.

EASE INTO FITNESS
Start gently with low-intensity cardio, strength and stretching exercises to refresh the body and build confidence. Suitable for beginners or those returning to exercise.

FIT4LIFE
Build a strong foundation with this low-impact, total-body workout to improve strength, cardio fitness, balance and agility for everyday movement and long-term wellness.

FIT AND FUNCTIONAL
Enjoy this fun, low-intensity, full-body workout that focuses on functional movements to improve strength, mobility and fitness for daily activities.

FUNCTIONAL FITNESS
Train with purposeful, functional exercises to improve strength, balance and agility to help move more efficiently in daily life.

H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING)
Push through this fast-paced interval workout to boost cardiovascular fitness, build muscular strength and develop power with short bursts of intense effort and recovery.

KARDIO KICK BOXING
Build power, speed and agility in this high-intensity workout that combines boxing techniques, kicking drills, cardio intervals and strength training.

POWER FIT
Boost strength and stamina in this high-energy workout to push personal limits through combined dynamic power movements, heart-pumping intervals and challenging core work to build full-body strength.

PURE STRENGTH
Build total-body strength emphasizing proper form, controlled movements and progressive overload that target all major muscle groups to boost strength, endurance, metabolism and bone density.

PURE STRETCH
Improve flexibility, ease tension and calm the body with guided stretches and mindful breathing.

ROLL AND RELEASE
Release tension and improve flexibility and range of motion while promoting recovery of tight muscles using a foam roller (required at each session).

STEP
Boost cardio fitness with energizing step bench routines set to upbeat music.

STEP AND MORE
Boost cardio, build endurance and strengthen muscles by combining easy-to-follow step intervals with resistance training.

STEP AND STRENGTH
Keep workouts engaging with this blend of choreographed step routines with strength training that boosts cardio and build muscle.

STRENGTH AND STRETCH
Pair resistance training with a full body stretch to build strength, improve flexibility and support recovery.

STRONG AND STABLE
Combine strength exercises with balance and core training to build overall strength and stability.

TABATA
Combine resistance training, bodyweight exercises, endurance and calisthenics using timed work-to-rest intervals for an efficient full body challenge.

TOTAL BODY CONDITIONING (TBC)
Build strength, endurance and overall fitness with free weights, body weight and cardio drills for a full body workout.

TOTAL BODY CONDITIONING CIRCUIT
Build strength, endurance and overall fitness with free weights, body weight and cardio drills for a full body workout set up in stations.

YOGA
Improve flexibility and strength while reducing stress through gentle, mindful postures and breathing techniques designed to balance body and mind.

Drop-In Fitness & Personal Training Fees

FITNESS DROP-IN, MEMBERSHIPS & VISIT CARDS

FITNESS DROP-IN PER VISIT	
Youth (13–18 years) / Senior (55+ years)	$5.30
Adult (19–54 years)	$7.20

FITNESS VISIT CARDS	
Adult – 10 visits	$58.00
Youth / 55+ – 10 visits	$42.00

FITNESS MEMBERSHIPS	
Adult – 1 month	$61.00
Adult – 3 months	$134.00
Adult – 6 months	$229.00
Adult – 1 year	$384.00
Youth / 55+ – 1 month	$50.00
Youth / 55+ – 3 months	$111.00
Youth / 55+ – 6 months	$191.00
Youth / 55+ – 1 year	$318.00

ADD-ON FEES			
Fitness Add-On*	$1.00 community centre $5.00 Watermania and Minoru Centre for Active Living	Family Add-On – 1 Year**	$318.00

**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.*

***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 Hamilton Community Centre. Information upon request at Hamilton 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)	$68.89	$103.39
3 (1 hr)	$196.42	$294.71
5 (1 hr)	$310.18	$465.32
10 (1 hr)	$585.93	$879.00
5 (30 mins)	$157.33	N/A
10 (30 mins)	$310.18	N/A
20 (30 mins)	$585.93	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.
- Wristbands are available 30 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 Hamilton Fitness Reception at 604-238-8055 to book an orientation.
- Youth 13–18 years old are required to submit a Informed Consent and Permission Form for Youth Fitness Centre Access.

Richmond