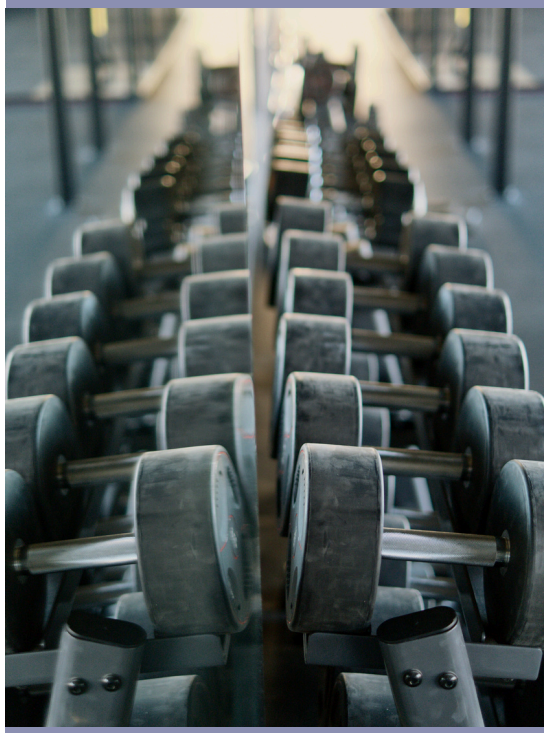
Hamilton Community Association

HEALTH AND FITNESS GUIDE

Winter 2027

Hamilton Community Centre



5140 Smith Drive, Richmond
604-238-8055

Total Fitness Pass

Provides access to our fitness centre and drop-in group fitness classes.

Family Add-On

With the purchase of a one year adult pass, you may add one additional family member living in the same residence for a reduced price. Passes must be purchased at the same time.

Vacation Extensions

Annual pass holders are permitted one vacation extension per year. This extension must be requested before the start of the vacation and is only granted for periods of more than two weeks and no more than one calendar month.

Fitness Add-On Fees

Total Fitness Pass holders can attend drop-in fitness classes and fitness classes at other community centres for an add-on fee of $1.00 **(not including specialty classes)** and $5.00 for Minoru Centre for Active Living and Watermania.

Refund Policy

A refund will only be considered if a permanent disability occurs, or if a client moves outside the Richmond area.



Youth

- Youth (13-15 years) require a completed Parental Consent Form as well as a fitness orientation.
- Youth (16-18 years) do not require a fitness orientation, but require a signed and completed Parental Consent Form.

Call 604-238-8055 in advance to book an appointment.

Hours of Operation

Mon-Fri	7:00am - 9:30pm
Sat	8:00am - 8:00pm
Sun	9:00am - 4:30pm

visit **richmond.ca/hamilton** for holiday hours

Fitness Centre Orientations

Are you a new or returning Hamilton Community Centre fitness member and want to learn or review how to use our fitness equipment?

Book your FREE fitness centre orientation!
Call the front desk at 604-238-8055.

Personal Training

Sessions	One-on-One	Group (2-4 people)
1	$68.89	$103.39
3	$196.42	$294.71
5	$310.18	$465.32
10	$585.93	$879.00

Meet Our Fitness Attendants!



Jenn



Wendy

PASSES AND DROP-IN RATES

	Youth/55+	Adults
Drop-In	**$5.30**	**$7.20**
10 Visit Card	**$42.00**	**$58.00**
1 Month	**$50.00**	**$61.00**
3 Month	**$111.00**	**$134.00**
6 Month	**$191.00**	**$229.00**
1 Year	**$318.00**	**$384.00**
1 Year Family Add-On	**N/A**	**$318.00**

- Most drop-in group fitness classes are included in the Total Fitness Pass.
- 1 hour drop-in yoga classes are **NOT** included in 10 Visit Cards and Fitness Passes.
- Total Fitness Pass holders from other facilities may attend group fitness sessions (excluding Yoga drop-in) for an additional $1.00 per session.

DROP-IN GROUP FITNESS SCHEDULE

For the safety and enjoyment of group fitness class participants, admittance is not permitted after the first 10 minutes of the session start time.

Mon	Wed	Thur	Fri	Sat
Cardio and Core (16+ years) 9:00-10:00am **Pilates and Yoga (16+ years) 6:30-7:30pm** $10.30/Drop In	**Functional Training (16+ years) 9:00-10:00am**	**Total Body Conditioning (16+ years) 7:00-8:00pm**	**Core & Strength (16+ years) 9:00-10:00am**	**Total Body Conditioning (16+ years)** • **8:15-9:15am** • **9:30-10:30am**

Functional Training: Build strength, stability and flexibility in this dynamic workout that works to enhance everyday movements by improving balance, coordination and overall fitness.

Cardio and Core: Combine cardio training with a core sculpting routine to build endurance and muscle tone using resistance equipment.

Total Body Conditioning (TBC): Combine body weight exercises with optional free weights exercises and cardio drills for a total body workout.

Core & Strength: Improve cardiovascular health and muscular fitness with intervals of aerobic training paired with resistance exercises.

REGISTERED FITNESS CLASS (DROP-INS AVAILABLE)

Pilates and Yoga Combination

16+ yrs
Jan 11- Mar 27
Mondays
6:30-7:30pm
$103.10/10 sessions
00563862

Combine Pilates mat exercises and various yoga postures in these unique sessions that offer a great non-impact, balanced and full body workout.

TRY IT Women On Weights

16+ yrs
Jan 18
Monday
1:30-2:30pm
Free
00581964

Build confidence, strength and knowledge in this small group program designed for women. Focus on developing strength and toning muscles using machines, free weights and other fitness equipment in a supportive setting led by a personal trainer..

TRY IT Women On Weights

16+ yrs
Mar 1
Monday
1:30-2:30pm
Free
00581984

Build confidence, strength and knowledge in this small group program designed for women. Focus on developing strength and toning muscles using machines, free weights and other fitness equipment in a supportive setting led by a personal trainer..