

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

FALL 2023 — SEP 5–DEC 31

FITNESS CENTRE HOURS

Mon–Fri: 7:00am–9:30pm | **Sat & 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
	■ Cardio and Core 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		■ Total Body Conditioning 7:00–8:00pm		

● Low Intensity | ■ Moderate Intensity | ▲ High Intensity



604-238-8055 | www.richmond.ca/hamilton



Drop-In Fitness & Personal Training Fees

FITNESS DROP-IN, MEMBERSHIPS & VISIT CARDS

FITNESS DROP-IN PER VISIT

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

FITNESS MEMBERSHIPS

Adult – 1 month	\$59
Adult – 3 months	\$128
Adult – 6 months	\$219
Adult – 1 year	\$365
Youth / 55+ – 1 month	\$47
Youth / 55+ – 3 months	\$105
Youth / 55+ – 6 months	\$180
Youth / 55+ – 1 year	\$300

FITNESS VISIT CARDS

Adult – 10 visits	\$55
Youth / 55+ – 10 visits	\$40

Note: Visit Cards are not valid for Yoga classes

ADD-ON FEES

Fitness Add-On*	\$1 community centre \$4.70 Watermania and Minoru Centre for Active Living	Family Add-On – 1 Year**	\$300
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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 Hamilton Community Centre. Information upon request at Hamilton Fitness Reception, front desk or www.richmond.ca/hamilton. 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)	\$61.85	\$92.85
3 (1 hr)	\$176.35	\$264.60
5 (1 hr)	\$278.50	\$417.80
10 (1 hr)	\$526.05	\$789.20
5 (30 mins)	\$146.95	N/A
10 (30 mins)	\$278.50	N/A
20 (30 mins)	\$526.05	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. www.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.