

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

FALL 2024 — SEP 3, 2024 – JAN 6, 2025

## 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  |
|-----|--|---|--|---|--|--|
|     | <p>■ <b>Cardio and Core</b><br/>9:00–10:00am</p> |   | <p>● <b>Functional Training</b><br/>9:00–10:00am</p> |   | <p>● <b>Core and Strength</b><br/>9:00–10:00am</p> | <p>■ <b>Total Body Conditioning</b><br/>9:30–10:30am</p> |
|     |  | <p>■ <b>Total Body Conditioning</b><br/>7:00–8:00pm</p> |  | <p>■ <b>Total Body Conditioning</b><br/>7:00–8:00pm</p> |  |  |

● Low Intensity | ■ Moderate Intensity | ▲ High Intensity



# 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 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 |

### FITNESS VISIT CARDS

|                         |         |
|-------------------------|---------|
| Adult – 10 visits       | \$55.00 |
| Youth / 55+ – 10 visits | \$40.00 |

**Note:** Visit Cards are not valid for Yoga classes

### ADD-ON FEES

|                 |  |                          |          |
|-----------------|--|--------------------------|----------|
| Fitness Add-On* | \$1.00 community centre<br>\$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 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)        | \$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](http://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.

