

Hamilton Community  
Association

# HEALTH AND FITNESS GUIDE

Hamilton Community Centre



## 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 \$4.80 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.

## Hours of Operation

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

visit [richmond.ca/hamilton](http://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<br>(2-4 people) |
|----------|------------|-----------------------|
| 1        | \$67.55    | \$101.35              |
| 3        | \$192.60   | \$288.95              |
| 5        | \$304.10   | \$456.20              |
| 10       | \$574.45   | \$861.80              |

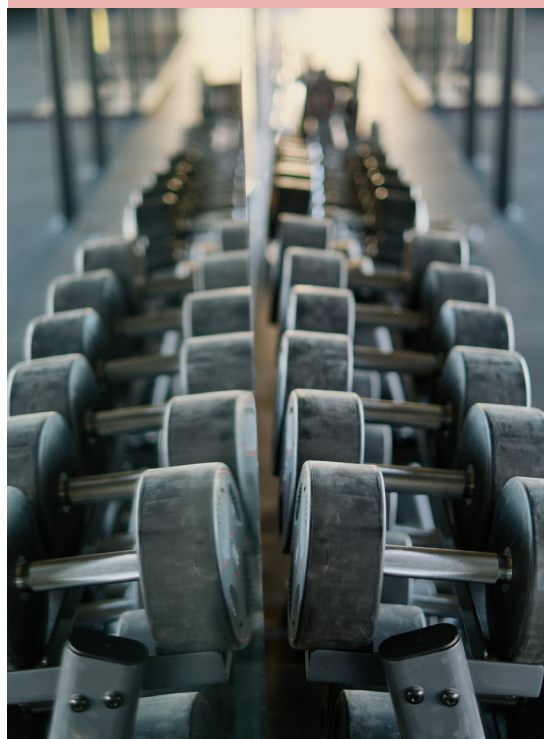
## Meet Our Fitness Attendants!



Jenn



Wendy



5140 Smith Drive, Richmond  
604-238-8055



## PASSES AND DROP-IN RATES

|                      | Youth/55+ | Adults   |
|----------------------|-----------|----------|
| Drop-In Yoga         | \$8.91    | \$12.19  |
| Drop-In              | \$5.10    | \$6.95   |
| 10 Visit Card        | \$41.00   | \$56.00  |
| 1 Month              | \$48.00   | \$59.00  |
| 3 Month              | \$107.00  | \$129.00 |
| 6 Month              | \$184.00  | \$221.00 |
| 1 Year               | \$306.00  | \$371.00 |
| 1 Year Family Add-On | N/A       | \$306.00 |

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.



## DROP-IN GROUP FITNESS SCHEDULE

- All 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.

| Mon                                                                                                                                                       | Tue                                                                             | Wed                                                                           | Thur                                                                             | Fri                                                                        | Sat                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <b>Cardio and Core (16+ years)</b><br><b>Wendy</b><br><b>9:00-10:00am</b><br><br><b>Pilates and Yoga (16+ years)</b><br><b>Lynn</b><br><b>6:30-7:30pm</b> | <b>Total Body Conditioning (16+ years)</b><br><b>Jenn</b><br><b>7:00-8:00pm</b> | <b>Functional Training (16+ years)</b><br><b>Wendy</b><br><b>9:00-10:00am</b> | <b>Total Body Conditioning (16+ years)</b><br><b>Wendy</b><br><b>7:00-8:00pm</b> | <b>Core and Strength (16+ years)</b><br><b>Jenn</b><br><b>9:00-10:00am</b> | <b>Total Body Conditioning (16+ years)</b><br><b>Wendy</b><br><b>8:15-9:15am</b><br><b>9:30-10:30am</b> |

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

**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 and Strength:** Target the core and major muscle groups while improving stability in this strength-focused session that incorporates a variety of interval and repetition training.

## REGISTERED FITNESS CLASS

### Pilates and Yoga Combination

Sep 8-Dec 15 Mondays  
 6:30-7:30pm  
 \$131.45/13 sessions  
 00437568

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

### Shine Dance

|                    |                    |
|--------------------|--------------------|
| Sep 12-Oct 24      | Nov 7-Dec 19       |
| Mondays            | Mondays            |
| 7:00-8:00pm        | 7:00-8:00pm        |
| \$62.50/7 sessions | \$62.50/7 sessions |
| 00437686           | 00437688           |

Join this exhilarating and diverse fitness experience learning original routines and choreography set to hit music. Rooted in jazz, ballet and hip hop, each session includes the perfect balance of high cardio and toning ensuring a full body workout with real results.