

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 1 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)**. \$4.80 for Minoru Centre for Active Living and Watermania pools.

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 & Sun 9:00am - 4:30pm

visit us at 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! Contact our front desk at 604-238-8055.

Personal Training

Sessions	One-on-One	Group
1	\$64.95	\$97.45
3	\$185.15	\$277.60
5	\$292.40	\$438.65
10	\$552.35	\$828.65

Meet Our Fitness Attendants!



Jenn



Wendy

5140 Smith Drive, Richmond BC
604-238-8055



PASSES AND DROP-IN RATES

	Youth/55+	Adults
Drop-In Yoga	\$8.91	\$12.19
Drop-In	\$5.00	\$6.90
10 Visit Card	\$40.00	\$55.00
1 Month	\$47.00	\$59.00
3 Month	\$105.00	\$128.00
6 Month	\$180.00	\$219.00
1 Year	\$300.00	\$365.00
1 Year Family Add-On	N/A	\$300.00

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 classes (excluding Yoga drop-in) for an additional \$1.00 per class.

Mon	Tues	Wed	Thurs	Fri	Sat
Cardio and Core (16+ years) Wendy 9:00-10:00am Pilates and Yoga (16+ years) Lynn 6:30-7:30pm	Total Body Conditioning (16+ years) Jenn 7:00-8:00pm	Functional Training (16+ years) Wendy 9:00-10:00am	Total Body Conditioning (16+ years) Wendy 7:00-8:00pm	Core and Strength (16+ years) Jenn 9:00-10:00am	Total Body Conditioning (16+ years) Wendy 9:30-10:30am

For the safety and enjoyment of group fitness class participants, admittance is not permitted after the first 10 minutes of the class 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 9 - Dec 16 on Mondays

6:30-7:30pm

\$111.20/11 session

#00341394

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

