

# South Arm Community Centre Drop-In Group Fitness & Fitness Centre Schedule

FALL 2023 — SEP 5–DEC 31

## FITNESS CENTRE HOURS

**Mon–Fri:** 6:00am–10:00pm | **Sat & Sun:** 7:30am–9:00pm

*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
		▲ <b>Cycle Fit*</b> 6:15–7:00am	▲ <b>Boot Camp*</b> 6:15–7:00am	▲ <b>Cycle Fit*</b> 6:15–7:00am		
■ <b>Step</b> 9:00–10:00am ▲ <b>Cycle Fit*</b> 9:00–9:45am	■ <b>Dance Fit</b> 9:15–10:15am	▲ <b>H.I.I.T.</b> 9:00–10:00am	■ <b>Dance Fit</b> 9:15–10:15am	■ <b>Step</b> 9:00–10:00am	▲ <b>H.I.I.T.</b> 9:00–10:00am	● <b>Yoga</b> 9:00–10:00am
▲ <b>Tabata</b> 10:15–11:15am	■ <b>Core and More</b> 10:30–11:30am	■ <b>Kardio Kick Box Interval</b> 10:15–11:15am		■ <b>Kardio Kick Box Interval</b> 10:15–11:15am	● <b>Yoga</b> 10:15–11:15am	■ <b>Core and More</b> 10:45–11:45am
● <b>Yoga</b> 11:30am–12:30pm	● <b>Yoga</b> 12:00–1:00pm ■ <b>Stretch and Strength</b> 1:15–2:15pm	● <b>Yoga</b> 12:00–1:00pm	● <b>Yoga</b> 12:00–1:00pm ● <b>Pure Stretch</b> 1:30–2:30pm	● <b>Yoga</b> 12:00–1:00pm	■ <b>Core &amp; Strength</b> 1:30–2:30pm	
	▲ <b>H.I.I.T.</b> 5:00–6:00pm	▲ <b>Tabata</b> 5:00–6:00pm	■ <b>Interval Training</b> 5:00–6:00pm	■ <b>Step 101</b> 5:00–6:00pm	■ <b>Dance Fit</b> 5:00–6:00pm	
	■ <b>Total Body Conditioning</b> 6:15–7:15pm	■ <b>Stretch and Strength</b> 6:15–7:15pm	▲ <b>Tabata</b> 6:15–7:15pm	▲ <b>Cycle Fit*</b> 6:15–7:00pm		
	● <b>Yoga</b> 7:30–8:30pm	■ <b>Dance Fit</b> 7:30–8:30pm	● <b>Yoga</b> 7:30–8:30pm			

● Low Intensity | ■ Moderate Intensity | ▲ High Intensity

\*Registration is required for this class. Registration opens on the Monday at 6:00am one week prior.

### 3 Ways to Register:

- [www.richmond.ca/register](http://www.richmond.ca/register)
- 604-276-4300, Mon–Fri, 8:30am–5:00pm
- In-person at any community facility



604-238-8060 | [www.richmond.ca/southarm](http://www.richmond.ca/southarm)



# 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 South Arm Community Centre. Information upon request at South Arm Fitness Reception, front desk or [www.richmond.ca/southarm](http://www.richmond.ca/southarm). 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](http://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 South Arm Fitness Reception at 604-238-8488 to book an orientation.
- Youth 13–18 years old are required to submit a [Informed Consent and Permission Form for Youth](#) Fitness Centre Access.