

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

FALL 2024 — SEP 3, 2024 – JAN 6, 2025

FITNESS CENTRE HOURS

Mon–Fri: 6:00am–10:00pm | **Sat & Sun:** 7:30am–9:00pm | **Holidays:** 8:00am–8:00pm

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
		▲ Cycle Fit* 6:15–7:00am	▲ Core and Strength Circuit 6:15–7:00am	▲ Cycle Fit* 6:15–7:00am		
▲ Cycle Fit* 9:00–9:45am ■ Step 9:00–10:00am	■ Dance Fit 9:15–10:15am	▲ H.I.I.T. 9:00–10:00am	■ Dance Fit 9:15–10:15am	■ Step 9:00–10:00am	▲ H.I.I.T. 9:00–10:00am	● Yoga 9:00–10:00am
▲ Tabata 10:15–11:15am	■ Core and More 10:30–11:30am	■ Kardio Kick Box Interval 10:15–11:15am	● Ease Into Fitness 10:30–11:20am	■ Kardio Kick Box Interval 10:15–11:15am	● Yoga 10:15–11:15am	■ Core and More 10:45–11:45am
● Yoga 11:30am–12:30pm	● Yoga 12:00–1:00pm	● Yoga 12:00–1:00pm	● Yoga 12:00–1:00pm ● Pure Stretch 1:30–2:30pm	● Yoga 12:00–1:00pm	■ Core and Strength 1:30–2:30pm	
	▲ H.I.I.T. 5:00–6:00pm	▲ Tabata 5:00–6:00pm	■ Interval Training 5:00–6:00pm	■ Step 101 5:00–6:00pm	■ Dance Fit 5:00–6:00pm	
	■ Total Body Conditioning 6:15–7:15pm	■ Stretch and Strength 6:15–7:15pm	■ Core and More 6:15–7:15pm			
	● Yoga 7:30–8:30pm	■ Dance Fit 7:30–8:30pm	● Yoga 7:30–8:30pm			

● Low Intensity | ■ Moderate Intensity | ▲ High Intensity

*Registration is required for these classes. Registration opens at 6:00am on the Tuesday one week prior.

3 Ways to Register:

- richmond.ca/register
 - 604-276-4300, Mon–Fri, 8:30am–5:00pm
 - In-person at any community facility
- Can't attend after registering? Call 604-238-8060 to cancel so others can sign up.



604-238-8060 | richmond.ca/southarm



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 \$4.80 Watermania and Minoru Centre for Active Living	Family Add-On–1 Year**	\$300.00
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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 [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.
- 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.

