

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



SUMMER 2026—JUN 29—SEP 7

## FITNESS CENTRE HOURS

**Mon–Fri:** 6:00am–10:00pm | **Sat & Sun:** 7:30am–7:00pm | **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
	▲ <b>Total Body Conditioning Circuit</b> 6:15–7:00am	▲ <b>Cycle Fit*</b> 6:15–7:00am	▲ <b>Total Body Conditioning Circuit</b> 6:15–7:00am	▲ <b>Cycle Fit*</b> 6:15–7:00am		
▲ <b>Cycle Fit*</b> 9:00–9:45am ■ <b>Step</b> 9:00–10:00am	■ <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>Yoga</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 Kickboxing Interval</b> 10:15–11:15am	● <b>Ease Into Fitness</b> 10:30–11:20am	■ <b>Kardio Kickboxing Interval</b> 10:15–11:15am	● <b>Yoga</b> 10:15–11:15am	■ <b>Core and More</b> 10:15–11:15am
● <b>Yoga</b> 11:30am–12:30pm	● <b>Yoga</b> 12:00–1:00pm	● <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 and Strength</b> 11:30am–12:30pm	● <b>Pure Stretch</b> 12:15–1:15pm
	▲ <b>H.I.I.T.</b> 5:00–6:00pm	▲ <b>Tabata</b> 5:00–6:00pm	■ <b>Intervals Workout</b> 5:00–6:00pm	■ <b>Step and More</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>Core and More</b> 6:15–7:15pm		■ <b>Fit and Functional</b> 6:15–7:15pm <i>Aug 7</i>	
	● <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 these classes. Registration opens at 6:00am on the Tuesday one week prior.

### 3 Ways to Register:

- [richmond.ca/register](https://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](https://richmond.ca/southarm)



# Drop-In Fitness Class Descriptions

## **BALL WORKOUT**

Boost cardio, build strength and improve core stability and balance with engaging exercises that utilize a Bosu or traditional stability ball.

## **BOOT CAMP**

Get back to basics with this high-energy workout that combines bodyweight movements and resistance equipment to build strength and boost endurance for a full body challenge.

## **CARDIO AND CORE**

Blend cardio intervals with targeted core training in this dynamic workout that elevates heart rates and fires up midsections for a stronger, more balanced body.

## **CARDIO AND STRENGTH**

Build a stronger, fitter body with this balanced workout that alternates heart-pumping cardio intervals and resistance training for improved endurance, strength and fitness.

## **CORE AND MORE**

Improve flexibility and posture through a balanced blend of stability work, stretching and full-body conditioning for a stronger and more toned core.

## **CORE AND STRETCH**

Learn functional, progressive exercises to build core strength, stability and balance, followed by a full body stretch to improve flexibility and recovery.

## **CARDIO COMBO**

Boost endurance, burn calories and keep moving strong in this pumped up, total body workout that blends high-energy, low-impact cardio moves.

## **CYCLE FIT**

Build power and stamina with moderate to high-intensity cycling drills that improves cardiovascular fitness and muscle endurance.

## **DANCE FIT**

Move to high-energy music in this fun, choreography-based workout that boosts cardiovascular fitness, maintains motivation and gets hearts pumping.

## **DANCE AND TONE**

Shake, sway and shimmy to upbeat music in this fun, full-body workout followed with light resistance training to build strength and tone muscles.

## **EASE INTO FITNESS**

Start gently with low-intensity cardio, strength and stretching exercises to refresh the body and build confidence. Suitable for beginners or those returning to exercise.

## **FIT4LIFE**

Build a strong foundation with this low-impact, total-body workout to improve strength, cardio fitness, balance and agility for everyday movement and long-term wellness.

## **FIT AND FUNCTIONAL**

Enjoy this fun, low-intensity, full-body workout that focuses on functional movements to improve strength, mobility and fitness for daily activities.

## **FUNCTIONAL FITNESS**

Train with purposeful, functional exercises to improve strength, balance and agility to help move more efficiently in daily life.

## **H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING)**

Push through this fast-paced interval workout to boost cardiovascular fitness, build muscular strength and develop power with short bursts of intense effort and recovery.

## **KARDIO KICK BOXING**

Build power, speed and agility in this high-intensity workout that combines boxing techniques, kicking drills, cardio intervals and strength training.

## **POWER FIT**

Boost strength and stamina in this high-energy workout to push personal limits through combined dynamic power movements, heart-pumping intervals and challenging core work to build full-body strength.

## **PURE STRENGTH**

Build total-body strength emphasizing proper form, controlled movements and progressive overload that target all major muscle groups to boost strength, endurance, metabolism and bone density.

## **PURE STRETCH**

Improve flexibility, ease tension and calm the body with guided stretches and mindful breathing.

## **ROLL AND RELEASE**

Release tension and improve flexibility and range of motion while promoting recovery of tight muscles using a foam roller (required at each session).

## **STEP**

Boost cardio fitness with energizing step bench routines set to upbeat music.

## **STEP AND MORE**

Boost cardio, build endurance and strengthen muscles by combining easy-to-follow step intervals with resistance training.

## **STEP AND STRENGTH**

Keep workouts engaging with this blend of choreographed step routines with strength training that boosts cardio and build muscle.

## **STRENGTH AND STRETCH**

Pair resistance training with a full body stretch to build strength, improve flexibility and support recovery.

## **STRONG AND STABLE**

Combine strength exercises with balance and core training to build overall strength and stability.

## **TABATA**

Combine resistance training, bodyweight exercises, endurance and calisthenics using timed work-to-rest intervals for an efficient full body challenge.

## **TOTAL BODY CONDITIONING (TBC)**

Build strength, endurance and overall fitness with free weights, body weight and cardio drills for a full body workout.

## **TOTAL BODY CONDITIONING CIRCUIT**

Build strength, endurance and overall fitness with free weights, body weight and cardio drills for a full body workout set up in stations.

## **YOGA**

Improve flexibility and strength while reducing stress through gentle, mindful postures and breathing techniques designed to balance body and mind.

# Drop-In Fitness & Personal Training Fees

## FITNESS DROP-IN, MEMBERSHIPS & VISIT CARDS

### FITNESS DROP-IN PER VISIT

Youth (13–18 years) / Senior (55+ years)	\$5.10
Adult (19–54 years)	\$6.95
Yoga	\$8.75

### FITNESS MEMBERSHIPS

Adult–1 month	\$59.00
Adult–3 months	\$129.00
Adult–6 months	\$221.00
Adult–1 year	\$371.00
Youth / 55+–1 month	\$48.00
Youth / 55+–3 months	\$107.00
Youth / 55+–6 months	\$184.00
Youth / 55+–1 year	\$306.00

### FITNESS VISIT CARDS

Adult–10 visits	\$56.00
Youth / 55+–10 visits	\$41.00

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

### ADD-ON FEES

Fitness Add-On*	\$1.00 community centre \$5.00 Watermania and Minoru Centre for Active Living	Family Add-On–1 Year**	\$306.00
-----------------	--	------------------------	----------

\*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 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)	\$67.54	\$101.36
3 (1 hr)	\$192.58	\$288.93
5 (1 hr)	\$304.10	\$456.21
10 (1 hr)	\$574.44	\$861.77
5 (30 mins)	\$154.25	N/A
10 (30 mins)	\$304.10	N/A
20 (30 mins)	\$574.44	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 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.

