## Steveston Community Centre

# **Drop-In Group Fitness Schedule**



WINTER BREAK—DEC 21, 2025-JAN 3, 2026

#### **HOURS OF OPERATION**

Front Desk (Easthope Hub): Mon-Fri: 9:00am-9:00pm | Sat & Sun: 10:00am-6:00pm

Holiday Hours: Dec 24 & 31: 8:00am-4:00pm | Dec 27: 8:00am-5:00pm

For Drop-in Fitness sessions, check in is open at the Japanese Canadian Cultural Centre 30 minutes prior to start time.

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>DEC 21</b>               | DEC 22   | DEC 23  | DEC 24        | <b>DEC 25</b> | <b>DEC 26</b>   | <b>DEC 27</b>                       |
| <b>Yoga</b><br>9:15—10:15am | Cardio Combo 9:15-10:15am Fit and Functional 10:30-11:30am | Total Body Conditioning 9:15-10:15am Yoga 11:00am-12:00pm | NO CLASSES    | CLOSED        | CLOSED  | <b>Core and More</b> 9:15 – 10:15am |
| <b>DEC 28</b>               | <b>DEC 29</b>  | DEC 30  | <b>DEC 31</b> | JAN 1         | JAN 2   | JAN 3                               |
| CLOSED                      | Cardio Combo 9:15-10:15am Fit and Functional 10:30-11:30am | Total Body Conditioning 9:15-10:15am Yoga 11:00am-12:00pm | NO CLASSES    | CLOSED        | Total Body Conditioning 9:15-10:15am Fit and Functional 10:30-11:30am | <b>Core and More</b> 9:15 – 10:15am |





## **Drop-In Fitness Fees**

| FITNESS DROP-IN, MEMBERSHIPS & VISIT CARDS   |   |   |          |  |  |  |  |
|--|---|---|----------|--|--|--|--|
| FITNESS DROP-IN PER VISIT  |   | FITNESS MEMBERSHIPS   |          |  |  |  |  |
| Youth (13-18 years) / Senior (55+ years)   | \$5.10  | Adult-1 month   | \$59.00  |  |  |  |  |
| Adult (19-54 years)  | \$6.95  | Adult-3 months  | \$129.00 |  |  |  |  |
| Yoga   | \$8.75  | Adult – 6 months  | \$221.00 |  |  |  |  |
|  |   | Adult – 1 year  | \$371.00 |  |  |  |  |
| FITNESS VISIT CARDS  |   | Youth / 55+-1 month   | \$48.00  |  |  |  |  |
| Adult – 10 visits  | \$56.00   | Youth / 55+-3 months  | \$107.00 |  |  |  |  |
| Youth / 55+-10 visits  | \$41.00   | Youth / 55+-6 months  | \$184.00 |  |  |  |  |
| <b>Note:</b> Visit Cards are not valid for Yoga classes  |   | Youth / 55+-1 year  | \$306.00 |  |  |  |  |
| ADD-ON FEES  |   |   |          |  |  |  |  |
| Fitness Add-On*  | \$1.00 community<br>centre<br>\$4.80 Watermania<br>and Minoru Centre<br>for Active Living | Family Add-On — 1 Year**  | \$306.00 |  |  |  |  |
| *Fitness Add-On fee will apply when using a valid member<br>fitness at a facility other than where the membership was<br>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. |          |  |  |  |  |

### FOR THE SAFETY AND ENJOYMENT OF ALL PARTICIPANTS

- Review and follow the Fitness Class Etiquette and Code of Conduct as posted.
- Review the PAR-Q annually or if your condition changes. <u>richmond.ca/fitness</u>.
- 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.

