

# Steveston Community Centre Drop-In Group Fitness & Fitness Centre Schedule

WINTER BREAK 2024/2025 — DEC 22, 2024 – JAN 4, 2025

## FITNESS CENTRE HOURS

Dec 22, 28, 29 and Jan 4: 8:00am–6:00pm

Dec 23, 27, 30: 8:00am–9:00pm

Dec 24, 26, 31 and Jan 1: 8:00am–4:00pm

Jan 2 and 3: 6:00am–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
DEC 22	DEC 23	DEC 24	DEC 25	DEC 26	DEC 27	DEC 28
<b>Hatha Yoga</b> 9:15–10:15am <b>CycleFit*</b> 10:30–11:15am	<b>Low Impact</b> 10:00–11:00am	<b>CycleFit*</b> 8:15–9:00am <b>Total Body Conditioning</b> 10:00–11:00am	CLOSED		<b>Total Body Conditioning</b> 10:00–11:00am	
DEC 29	DEC 30	DEC 31	JAN 1	JAN 2	JAN 3	JAN 4
<b>Hatha Yoga</b> 9:15–10:15am <b>CycleFit*</b> 10:30–11:15am	<b>Low Impact</b> 10:00–11:00am	<b>CycleFit*</b> 8:15–9:00am <b>Total Body Conditioning</b> 10:00–11:00am <b>Hatha Yoga</b> 11:00am–12:00pm		<b>CycleFit*</b> 8:00–8:45am <b>Cardio Core &amp; Strength</b> 9:00–10:00am <b>Hatha Yoga</b> 9:00–10:00am	<b>Total Body Conditioning</b> 9:15–10:15am <b>Fit &amp; Functional</b> 10:30–11:30am	<b>Core and More</b> 9:15–10:15am

\*Registration is required for Cycle Fit 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 604-238-8080 to cancel so others can sign up.



# 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
-----------------	--	------------------------	----------

\*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 Steveston Community Centre. Information upon request at Steveston 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](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 Steveston Fitness Reception at 604-238-8080 to book an orientation.
- Youth 13–18 years old are required to submit a [Informed Consent and Permission Form for Youth](#) Fitness Centre Access.

