

# FALL 2024 FITNESS BROCHURE



## Steveston Community Centre

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Richmond, BC

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604-238-8080

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# FALL 2024

## FITNESS CLASS DESCRIPTIONS

**Cardio Core & Strength** - Pump it up for a total body workout with low impact cardio moves followed by a functional strength routine. Multi Level Workout

**Core & More** - Strengthen, tone and stretch for a strong core and limber limbs that improve posture and muscular balance. Multi Level Workout

**Cycle Fit** - Improve cardio and muscle endurance to build power with moderate to high intensity cycling drills. All fitness levels welcome.

**Cardio & Core** - Pump it up for a total body workout with low impact cardio moves followed by a functional strength routine. Multi Level Workout

**Low Impact Cardio & Core** - Keep moves low impact but work at a good pace for your fitness level in this core workout followed by a yoga inspired stretch. Multi Level Workout.

**Fit & Functional** - Have fun while getting fit in this low-intensity and well-rounded exercise class that incorporates functional daily movements. Geared to older adults and beginners.

**Total Body Conditioning (TBC)** - Work out with resistance equipment for a head-to-toe strength and endurance routine. Multi Level Workout

**Yoga** - Increase flexibility and strength, relieve stress and practice active relaxation in this balanced body and mind class. Multi Level Workout.



## FITNESS PASS FEES

COMMUNITY CENTRE FITNESS VISITS	ADULT (19-54 YRS)	YOUTH (13-18 YRS)/ SENIORS (55+ YRS)
Drop-In	\$6.90	\$5.00
Yoga	\$8.75	\$8.75
10 Visit Card	\$55.00	\$40.00
1 Month	\$59.00	\$47.00
3 Month	\$128.00	\$105.00
6 Month	\$219.00	\$180.00
1 Year	\$365.00	\$300.00
Family Add-On - 1 Year*	\$300.00	N/A

\*Family add-on - 1 year: For immediate family members residing in the same residence.

With the purchase of a 1 year Fitness Adult Membership, one additional adult may be added for the price listed in the chart. The first family member pays the full rate with the additional member paying the reduced rate. Fitness Memberships must be purchased at the same time, are non-transferable & only apply to 1 year terms.

Purchase Memberships and 10 Visit Cards at the front desk of any community facility.

Valid Fitness Membership holders can attend drop-in fitness classes and fitness centres at other locations for an add-on fee of \$1.00 (Community Centres) or \$4.80 (Minoru Centre for Active Living and Watermania). Drop-in Yoga classes are not included in this offer.

Annual Fitness Membership holders are permitted one vacation extension per year (during the effective dates of the fitness membership). This extension must be requested prior to the start of the vacation, is only granted for periods of more than two weeks and cannot exceed one calendar month. Extension Request forms are available at front desk or from fitness staff where Annual Fitness Memberships are sold.

# FITNESS

## PERSONAL TRAINING

Improve fitness and wellness with support from a Registered Personal Trainer. Group Training: 2-3 friends or family members with similar fitness levels and 1 trainer. Taxes included. Contact the Fitness Coordinator or staff directly at 604-238-8080 for more information or to submit a Personal Training Package, found online at: [www.richmond.ca/fitness](http://www.richmond.ca/fitness)

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

## FITNESS CENTRE ORIENTATIONS

Fitness Centre Orientations are free and recommended for anyone new or returning to a community fitness centre. Registration is required and can be booked directly with the fitness centre of choice. Please call us at 604-238-8097 to book!

Fitness Centre Orientations are mandatory for youth (13-15 yrs) regardless of previous weight training experience. An orientation is not required for youth 16 -18 years with previous weight training experience, if noted on the signed Parental Consent Form. However, a meeting with a Fitness Attendant to review the Fitness Centre Etiquette and Code of Conduct is strongly recommended. Note: An orientation only needs to be completed once for eligibility to exercise at all centres.

Youth 13-18 years are welcome to use any fitness centre with the completion of the following requirements that can be found online at: [www.richmond.ca/fitness](http://www.richmond.ca/fitness)

1. Informed Consent and Permission Form for Youth Fillable Form
2. PAR-Q+ Fillable Form

## CARDIO, STRENGTH AND ATHLETICS

### GROUP WEIGHT TRAINING - FOR GIRLS - YOUTH

Sep 20 - Oct 18	Fri	4:45pm - 5:45pm	\$68.35/5 sess	13-18 yrs	#00337858
Nov 1 - Nov 29	Fri	4:45pm - 5:45pm	\$68.35/5 sess	13-18 yrs	#00337859

### WEIGHT TRAIN SMARTER - ADULTS

Sep 9 - Oct 28	Mon	6:45pm 7:45pm	\$82.00/6 sess	13+ yrs	#00337836
Sep 12 - Oct 17	Thurs	6:45pm 7:45pm	\$82.00/6 sess	13+ yrs	#00337843
Nov 4 - Dec 9	Mon	6:45pm - 7:45pm	\$68.35/5 sess	13+ yrs	#00337837
Nov 7 - Dec 12	Thurs	6:45pm - 7:45pm	\$82.00/6 sess	13+ yrs	#00337845

### GROUP WEIGHT TRAINING - BEGINNER - FOR WOMEN - ADULTS

Sep 20 - Oct 18	Fri	6:00pm - 7:00pm	\$68.35/5 sess	18+ yrs	#00337853
Nov 1 - Nov 29	Fri	6:00pm - 7:00pm	\$68.35/5 sess	18+ yrs	#00337854

### GROUP WEIGHT TRAINING - INTERMEDIATE - FOR WOMEN - ADULTS

Sep 20 - Oct 18	Fri	7:15pm - 8:15pm	\$68.35/5 sess	18+ yrs	#00337856
Nov 1 - Nov 29	Fri	7:15pm - 8:15pm	\$68.35/5 sess	18+ yrs	#00337857

### FULL BODY CIRCUIT WORKOUT - ADULTS

Sep 7 - Oct 19	Sat	10:30am - 11:15am	\$95.70/7 sess	16+ yrs	#00337851
Oct 26 - Dec 7	Sat	10:30am - 11:15am	\$95.70/7 sess	16+ yrs	#00337852

### TRX® AND PILATES - ADULTS

Sep 7 - Oct 19	Sat	9:00am - 10:00am	\$95.70/7 sess	16+ yrs	#00337872
Sep 9 - Oct 28	Mon	9:00am - 10:00am	\$82.00/6 sess	16+ yrs	#00337912
Sep 11 - Oct 23	Wed	7:15pm - 8:15pm	\$95.70/7 sess	16+ yrs	#00338248
Sep 12 - Oct 24	Thurs	9:00am - 10:00am	\$95.70/7 sess	16+ yrs	#00338260
Oct 26 - Dec 7	Sat	9:00am - 10:00am	\$95.70/7 sess	16+ yrs	#00337873
Oct 30 - Dec 11	Wed	7:15pm - 8:15pm	\$95.70/7 sess	16+ yrs	#00338252
Nov 4 - Dec 9	Mon	9:00am - 10:00am	\$68.35/5 sess	16+ yrs	#00338321
Nov 7 - Dec 12	Thurs	9:00am - 10:00am	\$82.00/6 sess	16+ yrs	#00338269

## CARDIO, STRENGTH AND ATHLETICS

### TRX® PLUS - ADULTS

Sep 10 - Oct 22	Tues	7:15pm - 8:15pm	\$95.70/7 sess	16+ yrs	#00337839
Sep 12 - Oct 24	Thurs	5:30pm - 6:30pm	\$95.70/7 sess	16+ yrs	#00337848
Oct 29 - Dec 10	Tues	7:15pm - 8:15pm	\$95.70/7 sess	16+ yrs	#00337840
Nov 7 - Dec 12	Thurs	5:30pm - 6:30pm	\$82.00/6 sess	16+ yrs	#00337849

## CYCLING

### CYCLE AND STRENGTH - ADULTS

Sep 9 - Oct 28	Mon	6:30pm - 7:30pm	\$53.05/6 sess	18+ yrs	#00337860
Sep 10 - Oct 22	Tues	6:00pm - 7:00pm	\$61.90/7 sess	18+ yrs	#00337866
Sep 11 - Oct 23	Wed	6:00pm - 7:00pm	\$61.90/7 sess	18+ yrs	#00337868
Sep 12 - Oct 24	Thurs	6:45pm - 7:45pm	\$61.90/7 sess	18+ yrs	#00337870
Oct 29 - Dec 10	Tues	6:00pm - 7:00pm	\$61.90/7 sess	18+ yrs	#00337867
Oct 30 - Dec 11	Wed	6:00pm - 7:00pm	\$61.90/7 sess	18+ yrs	#00337869
Nov 4 - Dec 9	Mon	6:30pm - 7:30pm	\$44.20/5 sess	18+ yrs	#00337861
Nov 7 - Dec 12	Thurs	6:45pm - 7:45pm	\$53.05/6 sess	18+ yrs	#00337871

## WALKING AND RUNNING

### OUTDOOR - NORDIC POLE WALKING AND STRENGTH - ADULTS

Sep 9 - Oct 28	Mon	10:00am - 11:00am	\$53.05/6 sess	18+ yrs	#00338298
Sep 11 - Oct 23	Wed	10:00am - 11:00am	\$61.90/7 sess	18+ yrs	#00338313
Oct 30 - Dec 11	Wed	10:00am - 11:00am	\$61.90/7 sess	18+ yrs	#00338315
Nov 4 - Dec 9	Mon	10:00am - 11:00am	\$44.20/5 sess	18+ yrs	#00338303

## MIND BODY, MOBILITY AND FLEXIBILITY

### PILATES - ADULTS

Sep 11 - Oct 23	Wed	6:00pm - 7:00pm	\$70.75/7 sess	14+ yrs	#00338327
Oct 30 - Dec 11	Wed	6:00pm - 7:00pm	\$70.75/7 sess	14+ yrs	#00338332

# ADULTS / SENIORS 18+ YRS

## MIND BODY, MOBILITY AND FLEXIBILITY

### CORE YOGA - ADULTS

Sep 13 - Oct 25	Fri	11:00am - 12:15pm	\$88.45/7 sess	16+ yrs	#00338335
Nov 8 - Dec 13	Fri	11:00am - 12:15pm	\$75.85/6 sess	16+ yrs	#00338338

### KUNDALINI YOGA - LEVEL 1 - ADULTS

Sep 10 - Oct 22	Tues	7:15pm - 8:30pm	\$88.45/7 sess	16+ yrs	#00337874
Oct 29 - Dec 10	Tues	7:15pm - 8:30pm	\$88.45/7 sess	16+ yrs	#00337875

### YOGA STRENGTH AND FLEXIBILITY THERAPY - ADULTS

Sep 13 - Oct 18	Fri	9:30am - 10:45am	\$75.80/6 sess	16+ yrs	#00338229
Nov 8 - Dec 13	Fri	9:30am - 10:45am	\$75.80/6 sess	16+ yrs	#00338232

### GENTLE YOGA - ADULTS

Sep 11 - Oct 16	Wed	9:30am - 10:30am	\$60.65/6 sess	16+ yrs	#00338239
Nov 6 - Dec 11	Wed	9:30am - 10:30am	\$60.65/6 sess	16+ yrs	#00338241

### SIMPLY STRETCH - ADULTS

Sep 9 - Oct 28	Mon	5:15pm - 6:15pm	\$53.05/6 sess	18+ yrs	#00337876
Nov 4 - Dec 9	Mon	5:15pm - 6:15pm	\$44.20/5 sess	18+ yrs	#00337877

## DANCE FITNESS

### ZUMBA® - ADULTS

Sep 9 - Oct 28	Mon	6:30pm - 7:30pm	\$53.05/6 sess	18+ yrs	#00337917
Sep 12 - Oct 17	Thurs	9:15am - 10:15am	\$53.05/6 sess	18+ yrs	#00338276
Nov 4 - Dec 9	Mon	6:30pm - 7:30pm	\$44.20/5 sess	18+ yrs	#00338222
Nov 14 - Dec 19	Thurs	9:15am - 10:15am	\$53.05/6 sess	18+ yrs	#00338282

### ZUMBA® - GOLD - 55+

Sep 11 - Oct 23	Wed	12:30pm - 1:30pm	\$48.50/7 sess	55+ yrs	#00337562
Oct 30 - Dec 11	Wed	12:30pm - 1:30pm	\$48.50/7 sess	55+ yrs	#00337563

**Taxes are added at the time of registration for Adults programs.**

## ACTIVE MOVEMENT FOR CHRONIC CONDITIONS

### MINDS, MUSCLES AND MOBILITY - 55+

Sep 10 - Oct 22	Tues	10:30am - 11:30am	\$42.05/7 sess	55+ yrs	#00337487
Sep 12 - Oct 24	Thurs	10:30am - 11:30am	\$42.05/7 sess	55+ yrs	#00337580
Oct 29 - Dec 10	Tues	10:30am - 11:30am	\$42.05/7 sess	55+ yrs	#00337552
Oct 31 - Dec 12	Thurs	10:30am - 11:30am	\$42.05/7 sess	55+ yrs	#00337583

### BETTER BACKS AND BALANCE - BEGINNER - 55+

Sep 10 - Oct 22	Tues	11:45am - 12:45pm	\$42.05/7 sess	55+ yrs	#00337553
Oct 29 - Dec 10	Tues	11:45am - 12:45pm	\$42.05/7 sess	55+ yrs	#00337554

### EXERCISES FOR THOSE WITH PARKINSON'S - 55+

Sep 12 - Oct 24	Thurs	11:45am - 12:45pm	\$42.05/7 sess	55+ yrs	#00337617
Oct 31 - Dec 12	Thurs	11:45am - 12:45pm	\$42.05/7 sess	55+ yrs	#00337832

## CARDIO, STRENGTH AND ATHLETICS

### A.M.B.S. (AGILITY MOBILITY BALANCE STRENGTH) - 55+

Sep 9 - Oct 28	Mon	11:30am - 12:30pm	\$64.30/6 sess	55+ yrs	#00337485
Sep 13 - Oct 25	Fri	12:30pm - 1:30pm	\$75.05/7 sess	55+ yrs	#00337833
Nov 1 - Dec 13	Fri	12:30pm - 1:30pm	\$75.05/7 sess	55+ yrs	#00337834
Nov 4 - Dec 9	Mon	11:30am - 12:30pm	\$53.60/5 sess	55+ yrs	#00337486

## CYCLING

### SILVER CYCLE - 55+

Sep 10 - Oct 22	Tues	1:00pm - 1:45pm	\$36.40/7 sess	55+ yrs	#00337555
Sep 11 - Oct 23	Wed	9:00am - 9:45am	\$36.40/7 sess	55+ yrs	#00337560
Oct 29 - Dec 10	Tues	1:00pm - 1:45pm	\$36.40/7 sess	55+ yrs	#00337557
Oct 30 - Dec 11	Wed	9:00am - 9:45am	\$36.40/7 sess	55+ yrs	#00337561

**Taxes are added at the time of registration for Seniors programs.**