

SUMMER 2024 FITNESS BROCHURE



Steveston Community Centre

4111 Moncton Street

Richmond, BC

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604-238-8080

stevestoncc@richmond.ca



SUMMER 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.

Dance and Tone - Shake, sway and shimmy in this overall workout set to popular dance music and followed with resistance training. Multi Level Workout.

Low Impact Cardio & Core - Keep moves low impact but work at a good pace for your fitness level in this cardio workout followed by resistance toning. 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

NO. OF SESSIONS	1-ON-1 INDIVIDUAL TRAINING	2-3 GROUP TRAINING
1 (1 hr)	\$61.85	\$92.85
3 (1 hr)	\$176.35	\$264.60
5 (1 hr)	\$278.50	\$417.80
10 (1 hr)	\$526.05	\$789.20
5 (30 mins)	\$146.95	N/A
10 (30 mins)	\$278.50	N/A
20 (30 mins)	\$526.05	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 (13-18 yrs) regardless of previous weight training experience. An orientation is not required for youth 16 to 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

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

CARDIO, STRENGTH AND ATHLETICS

FULL BODY CIRCUIT WORKOUT - ADULTS

Jul 6 - Jul 27	Sat	11:45am - 12:30pm	\$49.70/4 sess	16+ yrs	#00317426
Aug 3 - Aug 31	Sat	11:45am - 12:30pm	\$62.15/5 sess	16+ yrs	#00317427

GROUP WEIGHT TRAINING - BEGINNER - FOR WOMEN - ADULTS

Jul 5 - Jul 26	Fri	6:00pm - 7:00pm	\$49.70/4 sess	18+ yrs	#00319605
Aug 2 - Aug 30	Fri	6:00pm - 7:00pm	\$62.15/5 sess	18+ yrs	#00319627

GROUP WEIGHT TRAINING - INTERMEDIATE - FOR WOMEN - ADULTS

Jul 5 - Jul 26	Fri	7:15pm - 8:15pm	\$49.70/4 sess	18+ yrs	#00319634
Aug 2 - Aug 30	Fri	7:15pm - 8:15pm	\$62.15/5 sess	18+ yrs	#00319638

GROUP WEIGHT TRAINING - FOR GIRLS - YOUTH

Jul 5 - Jul 26	Fri	4:45pm - 5:45pm	\$49.70/4 sess	13-18 yrs	#00319657
Aug 2 - Aug 30	Fri	4:45pm - 5:45pm	\$62.15/5 sess	13-18 yrs	#00319659

TRX® AND PILATES - ADULTS

Jul 4 - Aug 15	Thurs	9:00am - 10:00am	\$87.00/7 sess	16+ yrs	#00319673
Jul 6 - Jul 27	Sat	9:00am - 10:00am	\$49.70/4 sess	16+ yrs	#00315257
Jul 8 - Aug 19	Mon	9:00am - 10:00am	\$74.60/6 sess	16+ yrs	#00319664
Jul 9 - Jul 30	Tues	9:30am - 10:30am	\$49.70/4 sess	16+ yrs	#00315265
Jul 10 - Aug 14	Wed	7:15pm - 8:15pm	\$74.60/6 sess	16+ yrs	#00319669
Aug 3 - Aug 17	Sat	9:00am - 10:00am	\$37.30/3 sess	16+ yrs	#00315260
Aug 6 - Aug 20	Tues	9:30am - 10:30am	\$37.30/3 sess	16+ yrs	#00315336

TRX® PLUS - ADULTS

Jul 4 - Jul 25	Thurs	5:30pm - 6:30pm	\$49.70/4 sess	16+ yrs	#00315082
Jul 9 - Jul 30	Tues	7:15pm - 8:15pm	\$49.70/4 sess	16+ yrs	#00315080
Aug 1 - Aug 29	Thurs	5:30pm - 6:30pm	\$62.15/5 sess	16+ yrs	#00315083
Aug 6 - Aug 27	Tues	7:15pm - 8:15pm	\$49.70/4 sess	16+ yrs	#00315081

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

ADULTS

18+ YRS

CARDIO, STRENGTH AND ATHLETICS

WEIGHT TRAIN SMARTER - ADULTS

Jul 4 - Jul 25	Thurs	6:30pm - 7:30pm	\$49.70/4 sess	14+ yrs	#00315563
Jul 8 - Jul 29	Mon	6:45pm - 7:45pm	\$49.70/4 sess	14+ yrs	#00315557
Aug 12 - Aug 26	Mon	6:45pm - 7:45pm	\$37.30/3 sess	14+ yrs	#00315558
Aug 15 - Sept 5	Thurs	6:45pm - 7:45pm	\$49.70/4 sess	14+ yrs	#00315564

CYCLING

CYCLE AND STRENGTH - ADULTS

Jul 4 - Jul 25	Thurs	6:45pm - 7:45pm	\$33.70/4 sess	18+ yrs	#00315078
Jul 8 - Jul 29	Mon	6:30pm - 7:30pm	\$33.70/4 sess	18+ yrs	#00315073
Jul 9 - Aug 6	Tues	6:00pm - 7:00pm	\$42.10/5 sess	18+ yrs	#00315075
Jul 10 - Jul 31	Wed	6:15pm - 7:15pm	\$33.70/4 sess	18+ yrs	#00315076
Aug 1 - Aug 29	Thurs	6:45pm - 7:45pm	\$42.10/5 sess	18+ yrs	#00315079
Aug 7 - Aug 28	Wed	6:15pm - 7:15pm	\$33.70/4 sess	18+ yrs	#00315077
Aug 12 - Aug 26	Mon	6:30pm - 7:30pm	\$25.25/3 sess	18+ yrs	#00315074

DANCE FITNESS

ZUMBA® - ADULTS

Jul 4 - Jul 25	Thurs	9:45am - 10:45am	\$33.70/4 sess	18+ yrs	#00315066
Jul 8 - Jul 29	Mon	6:30pm - 7:30pm	\$33.70/4 sess	18+ yrs	#00315068
Aug 1 - Aug 22	Thurs	9:45am - 10:45am	\$33.70/4 sess	18+ yrs	#00315067
Aug 12 - Aug 26	Mon	6:30pm - 7:30pm	\$25.25/3 sess	18+ yrs	#00315070

MIND BODY, MOBILITY AND FLEXIBILITY

OUTDOOR - FUNCTIONAL FITNESS - ADULTS

Jul 4 - Jul 25	Thurs	9:15am - 10:15am	\$33.70/4 sess	16+ yrs	#00316932
Aug 1 - Aug 22	Thurs	9:15am - 10:15am	\$33.70/4 sess	16+ yrs	#00317379

MIND BODY, MOBILITY AND FLEXIBILITY

CORE YOGA - ADULTS

Jul 5 - Jul 26	Fri	11:00am - 12:15pm	\$48.15/4 sess	16+ yrs	#00317420
Aug 2 - Aug 30	Fri	11:00am - 12:15pm	\$60.20/5 sess	16+ yrs	#00317421

KUNDALINI YOGA - LEVEL 1 - ADULTS

Jul 8 - Jul 29	Mon	9:30am - 10:45am	\$48.15/4 sess	16+ yrs	#00319763
Aug 12 - Aug 26	Mon	9:30am - 10:45am	\$36.10/3 sess	16+ yrs	#00319765

YOGA STRENGTH AND FLEXIBILITY THERAPY - ADULTS

Jul 8 - Jul 29	Mon	6:45pm - 8:00pm	\$48.15/4 sess	16+ yrs	#00323229
Jul 10 - Jul 31	Wed	9:15am - 10:30am	\$48.15/4 sess	16+ yrs	#00323792

GENTLE YIN YOGA - ADULTS

Jul 9 - Jul 30	Tues	7:00pm - 8:00pm	\$38.50/4 sess	16+ yrs	#00323793
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SIMPLY STRETCH - ADULTS

Jul 8 - Jul 29	Mon	5:15pm - 6:15pm	\$33.70/4 sess	18+ yrs	#00315071
Aug 12 - Aug 26	Mon	5:15pm - 6:15pm	\$25.25/3 sess	18+ yrs	#00315072

PILATES - ADULTS

Jul 5 - Jul 26	Fri	9:30am - 10:30am	\$38.50/4 sess	14+ yrs	#00315373
Jul 5 - Jul 26	Fri	4:30pm - 5:30pm	\$38.50/4 sess	14+ yrs	#00315378
Jul 10 - Aug 14	Wed	6:00pm - 7:00pm	\$57.80/6 sess	14+ yrs	#00315371
Aug 2 - Aug 16	Fri	9:30am - 10:30am	\$28.90/3 sess	14+ yrs	#00315377
Aug 2 - Aug 16	Fri	4:30pm - 5:30pm	\$28.90/3 sess	14+ yrs	#00315379

WALKING AND RUNNING

OUTDOOR - NORDIC POLE WALKING AND STRENGTH - ADULTS

Jul 8 - Jul 29	Mon	9:30am - 10:30am	\$33.70/4 sess	18+ yrs	#00317501
Jul 10 - Jul 31	Wed	9:30am - 10:30am	\$33.70/4 sess	18+ yrs	#00317510
Aug 7 - Aug 28	Wed	9:30am - 10:30am	\$33.70/4 sess	18+ yrs	#00317512
Aug 12 - Aug 26	Mon	9:30am - 10:30am	\$25.25/3 sess	18+ yrs	#00317505

ACTIVE MOVEMENT FOR CHRONIC CONDITIONS

BETTER BACKS AND BALANCE - BEGINNER - 55+

Jul 4 - Jul 25	Thurs	11:45am - 12:45pm	\$21.90/4 sess	55+ yrs	#00314546
Aug 1 - Aug 29	Thurs	11:45am - 12:45pm	\$27.35/5 sess	55+ yrs	#00314551

EXERCISES FOR THOSE WITH PARKINSON'S - 55+

Jul 9 - Jul 30	Tues	11:45am - 12:45pm	\$21.90/4 sess	55+ yrs	#00314525
Aug 6 - Aug 27	Tues	11:45am - 12:45pm	\$21.90/4 sess	55+ yrs	#00314530

MINDS, MUSCLES AND MOBILITY - 55+

Jul 4 - Jul 25	Thurs	10:30am - 11:30am	\$21.90/4 sess	55+ yrs	#00314541
Jul 9 - Jul 30	Tues	10:30am - 11:30am	\$21.90/4 sess	55+ yrs	#00314522
Aug 1 - Aug 29	Thurs	10:30am - 11:30am	\$27.35/5 sess	55+ yrs	#00314544
Aug 6 - Aug 27	Tues	10:30am - 11:30am	\$21.90/4 sess	55+ yrs	#00314523

CARDIO, STRENGTH AND ATHLETICS

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

Jul 5 - Jul 26	Fri	12:30pm - 1:30pm	\$39.00/4 sess	55+ yrs	#00314554
Jul 8 - Jul 29	Mon	11:30am - 12:30pm	\$39.00/4 sess	55+ yrs	#00314552
Aug 2 - Aug 30	Fri	12:30pm - 1:30pm	\$48.75/5 sess	55+ yrs	#00314555
Aug 12 - Aug 26	Mon	11:30am - 12:30pm	\$29.25/3 sess	55+ yrs	#00314553

CYCLING

SILVER CYCLE - 55+

Jul 10 - Jul 31	Wed	9:00am - 9:45am	\$26.40/4 sess	55+ yrs	#00314533
Aug 7 - Aug 28	Wed	9:00am - 9:45am	\$26.40/4 sess	55+ yrs	#00314536

DANCE FITNESS

ZUMBA® - GOLD - 55+

Jul 10 - Jul 31	Wed	12:30pm - 1:30pm	\$26.40/4 sess	55+ yrs	#00314556
Aug 7 - Aug 28	Wed	12:30pm - 1:30pm	\$26.40/4 sess	55+ yrs	#00314557