

WINTER 2025 FITNESS BROCHURE



Steveston Community Centre

4111 Moncton Street

Richmond, BC

V7E 3A8

604-238-8080

stevestoncc@richmond.ca



WINTER 2025

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

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

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

Jan 10 - Feb 7	Fri	4:45pm - 5:45pm	\$68.35/5 sess	13-18 yrs	#00367496
Feb 14 - Mar 14	Fri	4:45pm - 5:45pm	\$68.35/5 sess	13-18 yrs	#00367497

GROUP WEIGHT TRAINING - YOUTH

Jan 6 - Jan 27	Mon	3:45pm - 4:45pm	\$54.70/4 sess	13-18 yrs	#00367493
Feb 3 - Mar 3	Mon	3:45pm - 4:45pm	\$54.70/4 sess	13-18 yrs	#00367494

WEIGHT TRAIN SMARTER - ADULTS

Jan 6 - Feb 3	Mon	6:45pm 7:45pm	\$68.35/5 sess	13+ yrs	#00367712
Jan 9 - Feb 6	Thurs	6:00pm 7:00pm	\$68.35/5 sess	13+ yrs	#00367716
Feb 10 - Mar 10	Mon	6:45pm - 7:45pm	\$54.70/4 sess	13+ yrs	#00367715
Feb 13 - Mar 13	Thurs	6:00pm 7:00pm	\$68.35/5 sess	13+ yrs	#00367723

GROUP WEIGHT TRAINING - BEGINNER - FOR WOMEN - ADULTS

Jan 10 - Feb 7	Fri	6:00pm - 7:00pm	\$68.35/5 sess	18+ yrs	#00367499
Feb 14 - Mar 14	Fri	6:00pm - 7:00pm	\$68.35/5 sess	18+ yrs	#00367500

GROUP WEIGHT TRAINING - INTERMEDIATE - FOR WOMEN - ADULTS

Jan 10 - Feb 7	Fri	7:15pm - 8:15pm	\$68.35/5 sess	18+ yrs	#00367501
Feb 14 - Mar 14	Fri	7:15pm - 8:15pm	\$68.35/5 sess	18+ yrs	#00367502

FULL BODY CIRCUIT WORKOUT - ADULTS

Jan 11 - Feb 8	Sat	10:30am - 11:15am	\$68.35/5 sess	16+ yrs	#00367446
Feb 15 - Mar 15	Sat	10:30am - 11:15am	\$68.35/5 sess	16+ yrs	#00367447

TRX® AND PILATES - ADULTS

Jan 6 - Mar 17	Mon	9:00am - 10:00am	\$136.70/10 sess	16+ yrs	#00366828
Jan 7 - Mar 18	Tues	9:00am - 10:00am	\$136.70/10 sess	16+ yrs	#00369239
Jan 8 - Mar 19	Wed	5:30pm - 6:30pm	\$136.70/10 sess	16+ yrs	#00366837
Jan 9 - Mar 20	Thurs	10:30am - 11:30am	\$136.70/10 sess	16+ yrs	#00366808
Jan 11 - Mar 22	Sat	9:00am - 10:00am	\$123.05/9 sess	16+ yrs	#00366833

CARDIO, STRENGTH AND ATHLETICS

TRX® PLUS - ADULTS

Jan 7 - Feb 4	Tues	7:15pm - 8:15pm	\$68.35/5 sess	16+ yrs	#00367725
Jan 9 - Feb 6	Thurs	7:15pm - 8:15pm	\$68.35/5 sess	16+ yrs	#00367728
Feb 11 - Mar 11	Tues	7:15pm - 8:15pm	\$68.35/5 sess	16+ yrs	#00367727
Feb 13 - Mar 13	Thurs	7:15pm - 8:15pm	\$68.35/5 sess	16+ yrs	#00367729

CYCLING

CYCLE AND STRENGTH - ADULTS

Jan 6 - Feb 3	Mon	6:30pm - 7:30pm	\$44.20/5 sess	18+ yrs	#00367287
Jan 7 - Feb 4	Tues	6:00pm - 7:00pm	\$44.20/5 sess	18+ yrs	#00367323
Jan 8 - Feb 5	Wed	6:45pm - 7:45pm	\$44.20/5 sess	18+ yrs	#00367344
Jan 9 - Feb 6	Thurs	6:00pm - 7:00pm	\$44.20/5 sess	18+ yrs	#00367347
Feb 10 - Mar 10	Mon	6:30pm - 7:30pm	\$35.35/4 sess	18+ yrs	#00367289
Feb 11 - Mar 11	Tues	6:00pm - 7:00pm	\$44.20/5 sess	18+ yrs	#00367325
Feb 12 - Mar 12	Wed	6:45pm - 7:45pm	\$44.20/5 sess	18+ yrs	#00367373
Feb 13 - Mar 13	Thurs	6:00pm - 7:00pm	\$44.20/5 sess	18+ yrs	#00367437

WALKING AND RUNNING

OUTDOOR - NORDIC POLE WALKING AND STRENGTH - ADULTS

Feb 24 - Mar 17	Mon	10:00am - 11:00am	\$35.35/4 sess	16+ yrs	#00366847
Feb 26 - Mar 19	Wed	10:00am - 11:00am	\$35.35/4 sess	16+ yrs	#00366838

MIND BODY, MOBILITY AND FLEXIBILITY

PILATES - ADULTS

Jan 8 - Mar 19	Wed	6:45pm - 7:45pm	\$101.10/10 sess	14+ yrs	#00366845
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CORE YOGA - ADULTS

Jan 10 - Feb 7	Fri	11:00am - 12:15pm	\$63.20/5 sess	16+ yrs	#00367451
Feb 14 - Mar 14	Fri	11:00am - 12:15pm	\$63.20/5 sess	16+ yrs	#00367452

ADULTS & SENIORS 18+ YRS

MIND BODY, MOBILITY AND FLEXIBILITY

YOGA STRENGTH AND FLEXIBILITY THERAPY - ADULTS

Feb 21 - Mar 28	Fri	9:30am - 10:45am	\$75.80/6 sess	16+ yrs	#00367457
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SIMPLY STRETCH - ADULTS

Jan 6 - Feb 3	Mon	5:15pm - 6:15pm	\$44.20/5 sess	18+ yrs	#00367461
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Feb 10 - Mar 10	Mon	5:15pm - 6:15pm	\$35.35/4 sess	18+ yrs	#00367464
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GENTLE YOGA - ADULTS

Feb 19 - Mar 26	Wed	9:30am - 10:30am	\$60.65/6 sess	16+ yrs	#00367454
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YIN STYLE YOGA - ADULTS

Jan 7 - Feb 4	Tues	7:15pm - 8:30pm	\$63.20/5 sess	13+ yrs	#00367953
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Feb 11 - Mar 11	Tues	7:15pm - 8:30pm	\$63.20/5 sess	13+ yrs	#00367954
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DANCE FITNESS

ZUMBA® - ADULTS

Jan 6 - Feb 3	Mon	6:30pm - 7:30pm	\$44.20/5 sess	18+ yrs	#00365906
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Jan 9 - Feb 6	Thurs	9:15am - 10:15am	\$44.20/5 sess	18+ yrs	#00365912
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Feb 10 - Mar 10	Mon	6:30pm - 7:30pm	\$35.35/4 sess	18+ yrs	#00365910
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Feb 13 - Mar 13	Thurs	9:15am - 10:15am	\$44.20/5 sess	18+ yrs	#00365915
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ZUMBA® - GOLD - 55+

Jan 8 - Feb 5	Wed	12:15pm - 1:15pm	\$34.65/5 sess	55+ yrs	#00365928
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Feb 12 - Mar 12	Wed	12:15pm - 1:15pm	\$34.65/5 sess	55+ yrs	#00365934
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ACTIVE MOVEMENT FOR CHRONIC CONDITIONS

EXERCISES FOR THOSE WITH PARKINSON'S - 55+

Jan 9 - Feb 6	Thurs	11:45am - 12:45pm	\$30.05/5 sess	55+ yrs	#00365898
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Feb 13 - Mar 13	Thurs	11:45am - 12:45pm	\$30.05/5 sess	55+ yrs	#00365901
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Taxes are added at the time of registration for Adults programs.

ACTIVE MOVEMENT FOR CHRONIC CONDITIONS

MINDS, MUSCLES AND MOBILITY - 55+

Jan 7 - Feb 4	Tues	10:30am - 11:30am	\$30.05/5 sess	55+ yrs	#00365879
Jan 9 - Feb 6	Thurs	10:30am - 11:30am	\$30.05/5 sess	55+ yrs	#00365889
Feb 11 - Mar 11	Tues	10:30am - 11:30am	\$30.05/5 sess	55+ yrs	#00365880
Feb 13 - Mar 13	Thurs	10:30am - 11:30am	\$30.05/5 sess	55+ yrs	#00365892

BETTER BACKS AND BALANCE - BEGINNER - 55+

Jan 7 - Feb 4	Tues	11:45am - 12:45pm	\$30.05/5 sess	55+ yrs	#00365883
Feb 11 - Mar 11	Tues	11:45am - 12:45pm	\$30.05/5 sess	55+ yrs	#00365885

CARDIO, STRENGTH AND ATHLETICS

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

Jan 6 - Feb 3	Mon	11:30am - 12:30pm	\$53.60/5 sess	55+ yrs	#00365386
Jan 8 - Feb 5	Wed	1:30pm - 2:30pm	\$53.60/5 sess	55+ yrs	#00365392
Jan 10 - Feb 7	Fri	12:30pm - 1:30pm	\$53.60/5 sess	55+ yrs	#00365390
Feb 10 - Mar 10	Mon	11:30am - 12:30pm	\$42.90/4 sess	55+ yrs	#00365387
Feb 12 - Mar 12	Wed	1:30pm - 2:30pm	\$53.60/5 sess	55+ yrs	#00365393
Feb 14 - Mar 14	Fri	12:30pm - 1:30pm	\$53.60/5 sess	55+ yrs	#00365391

LADIES WHO LIFT- 55+

Jan 7 - Feb 4	Tues	12:30pm - 1:30pm	\$53.60/5 sess	55+ yrs	#00367484
Feb 11 - Mar 11	Tues	12:30pm - 1:30pm	\$53.60/5 sess	55+ yrs	#00367485

CYCLING

SILVER CYCLE - 55+

Jan 6 - Feb 3	Mon	10:30am - 11:15am	\$34.65/5 sess	55+ yrs	#00365382
Jan 8 - Feb 5	Wed	9:00am - 9:45am	\$34.65/5 sess	55+ yrs	#00365378
Feb 10 - Mar 10	Mon	10:30am - 11:15am	\$27.70/4 sess	55+ yrs	#00365384
Feb 12 - Mar 12	Wed	9:00am - 9:45am	\$34.65/5 sess	55+ yrs	#00365380

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