

# Thompson Community Centre

# Drop-In Group Fitness & Fitness Centre Schedule

FALL 2023 — SEP 5–DEC 31

## FITNESS CENTRE HOURS

**Mon–Fri:** 6:00am–9:45pm | **Sat & Sun:** 7:00am–8:30pm | **Holidays:** 7:00am–7:00pm

*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
					■ Boot Camp 6:15–7:00am	
■ Boot Camp 8:00–8:45am						
	■ Fit and Functional 9:15–10:15am	■ Step and Sculpt 9:15–10:15am	■ Cardio and Strength 9:15–10:15am	■ Body Blast 9:15–10:15am	■ Fit and Functional 9:15–10:15am	■ Dance Fit 9:30–10:30am
● Yoga 10:30–11:30am	▲ Tabata 10:30–11:30am			● Ease Into Fitness 10:30–11:30am	■ Dance and Tone 10:30–11:30am	■ Strength and Stretch 10:45–11:45am
		● Yoga 12:00–1:00pm	■ Dance and Tone 12:00–1:00pm	● Yoga 12:00–1:00pm		
		▲ H.I.I.T. 6:30–7:30pm	■ Total Body Conditioning 6:00–7:00pm			
	● Yoga 7:00–8:00pm			● Yoga 6:45–7:45pm		

● Low Intensity | ■ Moderate Intensity | ▲ High Intensity

# Drop-In Fitness & Personal Training Fees

## FITNESS DROP-IN, MEMBERSHIPS & VISIT CARDS

### FITNESS DROP-IN PER VISIT

Youth (13 – 18 yrs) / Senior (55+ yrs)	\$5.00
Adult (19 – 54 yrs)	\$6.90
Yoga	\$8.75

### FITNESS MEMBERSHIPS

Adult – 1 month	\$59
Adult – 3 months	\$128
Adult – 6 months	\$219
Adult – 1 year	\$365
Youth / 55+ – 1 month	\$47
Youth / 55+ – 3 months	\$105
Youth / 55+ – 6 months	\$180
Youth / 55+ – 1 year	\$300

### FITNESS VISIT CARDS

Adult – 10 visits	\$55
Youth / 55+ – 10 visits	\$40

**Note:** Visit Cards are not valid for Yoga classes

### ADD-ON FEES

Fitness Add-On*	\$1 community centre \$4.70 Watermania and Minoru Centre for Active Living	Family Add-On – 1 Year**	\$300
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\*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 Thompson Community Centre. Information upon request at Thompson Fitness Reception, front desk or [www.richmond.ca/thompson](http://www.richmond.ca/thompson). 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)	\$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

## 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. [www.richmond.ca/fitness](http://www.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 Thompson Fitness Reception at 604-238-8434 to book an orientation.
- Youth 13–18 years old are required to submit a [Informed Consent and Permission Form for Youth](#) Fitness Centre Access.