

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

FALL 2024 — SEP 3, 2024 – JAN 6, 2025

## 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
		<span style="color: #FFC000;">■</span> <b>Boot Camp</b> 6:30–7:15am				
<span style="color: #FFC000;">■</span> <b>Boot Camp</b> 8:00–8:45am						
	<span style="color: #FFC000;">■</span> <b>Fit and Functional</b> 9:15–10:15am	<span style="color: #FFC000;">■</span> <b>Step and Sculpt</b> 9:15–10:15am	<span style="color: #FFC000;">■</span> <b>Cardio and Strength</b> 9:15–10:15am	<span style="color: #FFC000;">■</span> <b>Body Blast</b> 9:15–10:15am	<span style="color: #FFC000;">■</span> <b>Fit and Functional</b> 9:15–10:15am	<span style="color: #FFC000;">■</span> <b>Dance Fit</b> 9:30–10:30am
<span style="color: #FFC000;">■</span> <b>Kardio Kickbox</b> 10:15–11:15am	<span style="color: #FF0000;">▲</span> <b>Tabata</b> 10:30–11:30am		<span style="color: #0000FF;">●</span> <b>Yoga</b> 10:30–11:30am	<span style="color: #0000FF;">●</span> <b>Ease Into Fitness</b> 10:30–11:30am	<span style="color: #FFC000;">■</span> <b>Dance and Tone</b> 10:30–11:30am	<span style="color: #FFC000;">■</span> <b>Strength and Stretch</b> 10:45–11:45am
<span style="color: #0000FF;">●</span> <b>Yoga</b> 11:30am–12:30pm		<span style="color: #0000FF;">●</span> <b>Yoga</b> 12:00–1:00pm	<span style="color: #FFC000;">■</span> <b>Dance and Tone</b> 12:00–1:00pm	<span style="color: #0000FF;">●</span> <b>Yoga</b> 12:00–1:00pm		
						<span style="color: #FF0000;">▲</span> <b>MMA Boot Camp</b> 3:45–4:30pm
		<span style="color: #FF0000;">▲</span> <b>H.I.I.T.</b> 6:30–7:30pm	<span style="color: #FFC000;">■</span> <b>Total Body Conditioning</b> 6:00–7:00pm	<span style="color: #0000FF;">●</span> <b>Cardio Combo</b> 6:45–7:45pm		
	<span style="color: #0000FF;">●</span> <b>Yoga</b> 7:00–8:00pm		<span style="color: #0000FF;">●</span> <b>Yoga</b> 7:30–8:30pm			

● Low Intensity | ■ Moderate Intensity | ▲ High Intensity



604-238-8422 | [richmond.ca/thompson](http://richmond.ca/thompson)



# 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
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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 [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.
- Check-in is open 15–30 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.

