

# West Richmond Community Centre Drop-In Group Fitness & Fitness Centre Schedule

FALL 2023 — SEP 5–DEC 31

## FITNESS CENTRE HOURS

**Mon–Fri:** 8:00am–9:30pm | **Sat & Sun:** 9:00am–4:30pm

*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
	▲ <b>Cycle Fit*</b> 8:30–9:15am Sabine	▲ <b>Cycle Fit*</b> 8:30–9:15am Richard	▲ <b>Cycle Fit*</b> 8:30–9:15am Sabine	▲ <b>Cycle Fit*</b> 8:25–9:10am Sabine	▲ <b>Cycle Fit*</b> 8:30–9:15am Sabine	
■ <b>Cardio Combo</b> 9:15–10:15am Brenda	■ <b>Cardio Strength</b> 9:30–10:30am Olga	▲ <b>Body Sculpt</b> 9:30–10:30am Sabine	▲ <b>Tabata</b> 9:30–10:30am Olga	▲ <b>Total Body Conditioning</b> 9:20–10:30am Sabine		■ <b>Step</b> 9:15–10:15am Jackie
▲ <b>Cycle Fit*</b> 10:30–11:15am Richard/Alex		● <b>Hybrid – Low Impact**</b> 10:35–11:35am Sabine	● <b>Yoga – Hatha Style</b> 10:45–11:45am Amy	● <b>Hybrid – Ease Into Fitness**</b> 10:35–11:35am Gail		
	● <b>Hybrid – Pure Strength*</b> 11:45am–12:45pm Sabine		● <b>Hybrid – Pure Strength**</b> 12:00–1:00pm Sabine		● <b>Pure Strength 55+*</b> 12:00–1:00pm Murray <b>Youth Fitness</b> 3:30–4:30pm Various classes – see separate schedule	
	■ <b>Body Sculpt</b> 6:00–7:00pm Jackie	▲ <b>Cycle Fit*</b> 6:15–7:00pm Alex		▲ <b>Cycle Fit*</b> 6:15–7:00pm Alex	● <b>Yoga – Hatha Style</b> 7:10–8:10pm Olga	

● Low Intensity | ■ Moderate Intensity | ▲ High Intensity

\*Registration is required for this class. Registration opens on the Monday at 6:00am one week prior.

\*\*This is a hybrid class (in-person and online via Zoom). Participants are required to register for the online class. Registration opens on the Monday at 6:00am one week prior.

### 3 ways to register:

- [richmond.ca/register](https://richmond.ca/register)
- 604-276-4300, Mon–Fri, 8:30am–5:00pm
- In-person at any community facility

# 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	\$59.00
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 \$4.70 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 West Richmond Community Centre. Information upon request at West Richmond Fitness Reception, front desk or [richmond.ca/westrichmond](http://richmond.ca/westrichmond). 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. [richmond.ca/fitness](http://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 West Richmond Fitness Reception at 604-238-8411 to book an orientation.
- Youth 13–18 years old are required to submit a [Informed Consent and Permission Form for Youth](#) Fitness Centre Access.