

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

FALL 2024 — EFFECTIVE OCTOBER 16, 2024

## 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
	▲ Cycle Fit* 8:15–9:00am	▲ Cycle Fit* 8:15–9:00am	▲ Cycle Fit* 8:15–9:00am	▲ Cycle Fit* 8:15–9:00am	▲ Cycle Fit* 8:15–9:00am	
■ Cardio Combo* 9:15–10:15am	■ Tabata* 9:15–10:15am	▲ Step and Sculpt** 9:15–10:25am	▲ Cardio Strength* 9:15–10:15am	▲ Total Body Conditioning* 9:15–10:25am		■ Step 9:15–10:15am
■ Cycle Fit* 10:30–11:15am		● Hybrid – Low Impact** 10:30–11:30am	● Hybrid – Pure Stretch Express* 10:25–10:55am	● Hybrid – Ease Into Fitness** 10:30–11:30am		■ Cycle Fit* 10:30–11:15am
	● Hybrid – Pure Strength** 11:45am–12:45pm		● Hybrid – Pure Strength** 11:00am–12:00pm		● Pure Strength 55+* 12:00–1:00pm	
					● Girls Only Fitness 3:10–4:10pm	
	■ Body Sculpt 6:00–7:00pm	■ Cycle Fit* 6:15–7:00pm		■ Cycle Fit* 6:15–7:00pm		
	● Yoga – Hatha Style 7:10–8:10pm					

● Low Intensity | ■ Moderate Intensity | ▲ High Intensity

\*Registration is available for these classes. Registration opens at 6:00am on the Tuesday 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 at 6:00am on the Tuesday 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
- Can't attend after registering? Call 604-238-8400 to cancel so others can sign up.

# 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 West Richmond Community Centre. Information upon request at West Richmond 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.
- 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.

