

Fitness

Fall 2016

Steveston Community Centre



REDMS# 5090921



4111 Moncton Street
Richmond, BC
V7E 3A8
604-238-8080



Fitness and Cycling

Monday	Tuesday	Wednesday
Cycle Fit 6:30-7:15am Jeannie		Cycle Fit 6:30-7:15am Donna
	Run Club** 8:00-9:30am Donna	
Step & Strength 9:15-10:15am Gail	TBC 9:15-10:15am Anne-Louise	TBC 9:15-10:15am Anne-Louise
Fit & Functional 10:30-11:30am Gail		Fit & Functional 10:30-11:30am David
	Yoga 11:00-12:00am Margie	Yoga 11:00-12:00pm Elle
	Interval Training 5:45-6:45pm Monica	Cycle Fit* 6:00-6:45pm Terri
Step & Strength 6:00-7:00pm Sandy	Cycle Fit* 7:00-7:45pm Lynn	Yoga 6:15-7:15pm Margie

Registered Fitness Classes

	Yoga - Pre-Natal	
Wednesday #1520249	Nov 16-Dec 28	7:30-8:30pm \$56.91/7 Sess
	Yoga - Restorative	
Monday #1520446	Sep 12-Dec 12	6:20-7:35pm \$132.09/13 Sess
	Yoga - Yin	
Tuesday #1520448	Sep 13-Dec 13 \$11.30/Drop-In*	6:00-7:15pm \$142.22/14 Sess

- The City of Richmond refunds/withdrawals/transfers policy for the above noted classes is as followed: If notice is given prior to the beginning of the third session of the class, a refund, less classes taken, will be provided. If notice is given after the beginning of the third session, no refund will be given. For more detailed refund policy please visit: www.richmond.ca/parksrec/about/registration.htm
- Drop-in for registered fitness classes are on a first come, first serve basis and are only available if there is space in the class.
- Registered classes are cancelled on most statutory holidays. Please retain your receipt for class information or contact 604-238-8080 for schedule changes.
- For more registered programs, please see the guide or go online to: www.richmond.ca/guide

*Drop-ins are not permitted in registered fitness class unless otherwise noted.

Registered Fitness Classes

Pilates - Intermediate		
Wednesday #1552518	Sep 14-Nov 30	9:15-10:15am \$97.55/12 Sess
Pilates and Yoga Combination		
Monday #1520247	Sep 12-Dec 12	9:30-10:30am \$100.60/13 Sess
Group Cycling - Beginner		
Monday #1520266	Sep 26-Nov 7	6:00-6:45pm \$32.71/6 Sess
Spin and Strength		
Monday #1520269	Sep 26-Nov 28 \$8.40/Drop-in*	7:00-7:30pm \$65.42/10 Sess
Spin and Strength		
Wednesday #1520270	Sep 28-Nov 30 \$8.40/Drop-in*	7:00-7:30pm \$72.66/10 Sess
Zumba		
Thursday #1520453	Sep 08-Dec 15 \$8.40/Drop-in*	4:55-5:55pm \$94.45/14 Sess
Zumba Gold		
Tuesday #1553318	Sep 06-Dec 06 \$8.40/Drop-in*	11:00-12:00pm \$101.85/14 Sess
Yoga - Core		
Friday #1520449	Sep 9-Dec 16 \$9.30/Drop-in*	9:30-10:30am \$113.77/14 Sess
Yoga - Pre-Natal		
Wednesday #1520248	Sep 14-Oct 26	7:30-8:30pm \$56.91/7 Sess

Drop-in Class Schedule

Thursday	Friday	Saturday	Sunday
	Cycle Fit 6:30-7:15am Anne-Louise		Run Club** 7:00-8:30am Donna
	Run Club** 8:00-9:30am Donna	Cycle Fit 8:15-9:00am Jeannie	
TBC 9:15-10:15am Janet		Dance Fit 9:15-10:15am Jenny	Yoga 9:15-10:15am Avital
Cycle Fit* 9:30-10:15am Jeannie	Fit & Functional 10:30-11:30am Rotating		Cycle Fit* 10:00-10:45am Shani/Lynn
Yoga 11:00-12:00pm Jeannie	<ul style="list-style-type: none"> All hours, classes, fees and instructors are subject to change. Room changes may occur without notice. All classes are cancelled on all statutory holidays unless otherwise posted. All fees listed include tax. Passes and visit cards are non-refundable and non-transferable. Participants may sign in to a class no earlier than 30 minutes prior to class start time. *Indoor group cycling classes: please call in one hour before the class begins to reserve a spot. (excluding early morning indoor group cycling classes) **Free. Program meets in the lobby and on Sundays near the Easthope Doors 		
Interval Training 6:05-7:05pm Soyba			

Fall Hours and Fees

Monday	6:00am - 9:45pm
Tuesday	6:00am - 9:45pm
Wednesday	6:00am - 9:45pm
Thursday	6:00am - 9:45pm
Friday	6:00am - 9:45pm
Saturday	8:00am - 6:45pm
Sunday	8:00am - 8:45pm

Total Fitness Passes

Youth 13-18		
Total Fitness Pass	Older Adult 55+	Adult 19-54
Drop-in	\$3.60	\$5.55
Visit Card/10	\$29.00	\$44.00
*1 Month	\$34.00	\$47.00
*3 Months	\$76.00	\$103.00
*6 Months	\$130.00	\$176.00
*1 Year	\$216.00	\$296.00
**Family Add-On (1 yr)	N/A	\$222.00
Yoga Fees - All Ages		
Drop-in	\$7.95	
Visit Card/10	\$63.80	

*Duration passes can attend drop-in fitness classes and fitness centres at other facilities by presenting their pass for an add-on fee of \$1 (Community Centres), \$1.70 (Minoru Aquatic Centre) and \$2.25 (Watermania). Yoga classes are not included in this offer.

**For family members residing in the same residence. With the purchase of a 1 year Adult Total Fitness Pass, one additional adult may be added for the price listed above. Passes must be purchased at the same time and are non-transferable.

Personal Training Information

	One on One	Group (2-3 people)
1 Session	\$51.15	\$76.75
3 Sessions	\$145.80	\$218.70
5 Sessions	\$230.20	\$345.30
10 Sessions	\$434.80	\$652.30

- All fitness instructors are certified trainers.
- A free adult orientation to the fitness centre is available by appointment. Please call 604-238-8097 to contact a fitness attendant or leave a message to book an appointment.
- Youth 13-17 years old are encouraged and welcome to use City of Richmond recreation fitness facilities with the following requirements:

1. Submission of a completed and signed **Parental Consent Form** and **PARQ+ Form** found at www.richmond.ca/fitness.
2. Completion of a **Youth Orientation session***

*Those 13 to 15 years are required to take this session regardless of previous weight training experience. A session is not required for those 16 to 17 years with previous weight training experience if noted on the signed **Parental Consent Form**. However, a meeting with a Fitness Attendant to read and sign a **Fitness Centre Etiquette** is mandatory. Sessions are free with admission and can be booked at any facility.

- Parental Consent Forms and Youth Orientations only need to be completed once and are transferable to all City of Richmond recreation fitness centres.

