

# FITNESS SUMMER 2017



## STEVESTON COMMUNITY CENTRE

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



## Fitness and Cycling

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>Cycle Fit</b> 6:30-7:15am Jeannie		<b>Cycle Fit</b> 6:30-7:15am Donna
	<b>Run Club**</b> 7:30-9:30am Donna	
<b>Step &amp; Strength</b> 9:15-10:15am Gail	<b>TBC</b> 9:15-10:15am Anne-Louise	<b>TBC</b> 9:15-10:15am Anne-Louise
<b>Fit &amp; Functional</b> 10:30-11:30am Gail		<b>Fit &amp; Functional</b> 10:30-11:30am David
	<b>Yoga</b> 11:00-12:00pm Margie	<b>Yoga</b> 11:00-12:00pm Elle
	<b>Outdoor Workout</b> 5:45-6:45pm Monica	<b>Cycle Fit*</b> 6:00-6:45pm Terri
<b>Step &amp; Strength</b> 6:00-7:00pm Sandy		<b>Yoga</b> 6:15-7:15pm

## Drop-in Class Schedule

<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	<b>Cycle Fit</b> 6:30-7:15am Anne-Louise		<b>Run Club**</b> 7:00-8:30am Donna
	<b>Run Club**</b> 7:30-9:30am Donna	<b>Cycle Fit</b> 8:15-9:00am Jeannie	
<b>TBC</b> 9:15-10:15am Janet		<b>Dance Fit</b> 9:15-10:15am Jenny	<b>Yoga</b> 9:15-10:15am Avital
<b>Cycle Fit*</b> 9:30-10:15am Jeannie	<b>Fit &amp; Functional</b> 10:30-11:30am		<b>Cycle Fit*</b> 10:00-10:45am
<b>Yoga</b> 11:00-12:00pm Jeannie	<ul style="list-style-type: none"> <li>• 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.</li> <li>• All fees listed include tax.</li> <li>• Passes and visit cards are non-refundable and non-transferable.</li> <li>• Participants may sign in to a class no earlier than 30 minutes prior to class start time.</li> <li>• *Indoor group cycling classes: please call in one hour before the class begins to reserve a spot. (excluding early morning indoor group cycling classes)</li> <li>• **Free. Program meets in the lobby and on Sundays near the Easthope Doors</li> </ul>		
<b>Outdoor Workout</b> 6:00-7:00pm Soyba			

## Fitness Class Descriptions

**Cycle Fit** - Gear up! Get fit with 45 minutes of speed and resistance drills designed to improve cardio, endurance, and strength. All fitness levels welcome.

**Dance Fit** - High energy choreographed cardio workout set to popular music that may include intervals of power fitness moves - multi-level.

**Fit and Functional** - Includes cardio, strength, endurance, balance and flexibility work all set to music.

**Outdoor Workout** - Breath in the fresh air while getting an all over body workout that focuses on fitness, strength and agility - multi-level.

**Run Club** - Free drop in group training sessions with other runners that includes a training program and stretching techniques - multi-level.

**Step and Strength** - Partners choreographed step patterns with muscular strength and endurance exercises for a total workout experience - multi-level.

**Total Body Workout** - Strength and endurance workouts that utilize a variety of resistance equipment and may include some intervals or cardio work.

**Yoga** - Yoga postures, breathing and relaxation techniques - multi-level.

## Total Fitness Passes Fees

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	\$8.15	
Visit Card/10	\$65.00	

\*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](http://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.

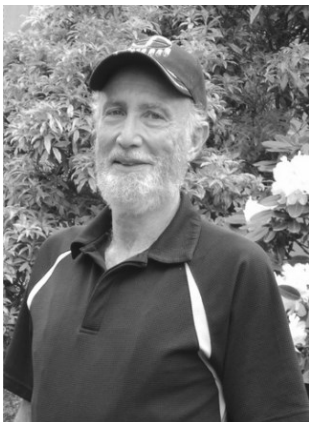


# Have you met our



**Kenneth Moy** has a degree in Kinesiology. He is certified in SportsMed certification for assessment and taping to prevent further sport injuries. Kenneth is very passionate in the field of health, fitness and wellness. He is hoping to one day become a physiotherapist in the public sector.

**Tracy Gibson** applies the skills and knowledge acquired over 30 years in fitness towards a clientele of mostly mature adults. She teaches clients how they can include 7 factors in their daily activities; cardio conditioning, core strength, back mobility, joint stability and range of motion, balance agility and overall flexibility making the PT session spent with her spill over in your everyday life.



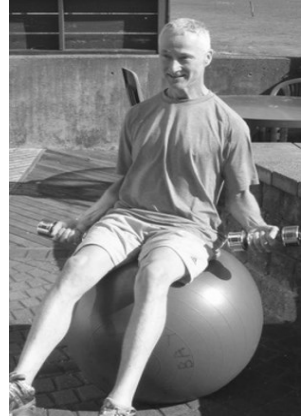
**David Ginsburg** specializes in personal training those with chronic conditions including arthritis, joint instabilities and general health and fitness issues. David teaches speciality fitness classes including balance training and core and back stability.

# Personal Trainers?



Fitness shouldn't be a chore, nor does it have to be overly complicated. **Karen Tam** is committed to creating fun, simple, yet effective exercise programs to suit individuals of all fitness levels. Whether you want to build strength, reduce pain or even just boost your energy levels, Karen can help you with that while making the process enjoyable!

**Gord Hyland** uses his 20 years experience and passion for health and fitness to encourage his clients to realize its never too late to make lifestyles changes to improve their quality of life. His speciality is working with older adults and commits to focusing on the individuals needs and personal goals.



**Andre Blais** has a passion for health and fitness that has motivated him to pursue both personal excellence and client success for the past 15 years. A former hang-gliding pilot turned competitive runner and cyclist, Andre enjoys training people to reach their full potential.

**We are ready to help you attain your fitness goals!  
Sign up now for a free consultation!**

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