

FITNESS FALL 2017



STEVESTON COMMUNITY CENTRE

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



Fitness and Cycling Drop-in Class Schedule

| Monday | Tuesday | Wednesday |
|---|---|---|
| <p>Cycle Fit 6:30-7:15am Jeannie</p> | | <p>Cycle Fit 7:30-8:15am Donna</p> |
| | <p>Run Club** 7:30-9:30am until Oct 31/17 8:00-9:30am Nov 1—Dec 31</p> | |
| <p>Dance & Tone 9:15-10:15am Gail</p> | <p>TBC 9:15-10:15am Anne-Louise</p> | <p>Interval Workout 9:15-10:15am Anne-Louise</p> |
| <p>Fit & Functional 10:30-11:30am Gail</p> | | <p>Fit & Functional 10:30-11:30am David</p> |
| | <p>Yoga 11:00-12:00pm Margie</p> | <p>Yoga 11:00-12:00pm Elle</p> |
| | <p>Interval Workout 6:00-7:00pm Monica</p> | <p>Cycle Fit* 6:00-6:45pm Terri</p> |
| <p>Yoga 6:15-7:15pm Kirsten</p> | <p>Cycle Fit* 7:00-7:45pm Lynn</p> | <p>Yoga 6:15-7:15pm</p> |

*Starts September 5, 2017

| Thursday | Friday | Saturday | Sunday |
|---|--|--|--|
| | Cycle Fit 6:10-6:55am Anne-Louise | | Run Club** 7:00-8:30am |
| | Run Club** 7:30-9:30am until Oct 31/17 8:00-9:30am Nov 1–Dec 31 | 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 Janet | | 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 Workout 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.
 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.

Fall Hours

*Effective Tuesday, September 5

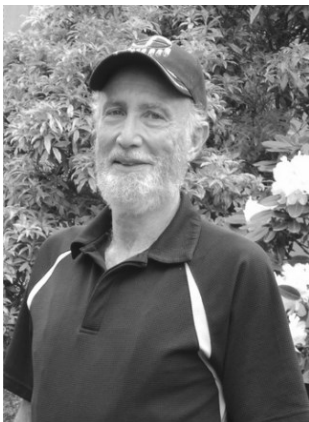
| | |
|-----------|------------------|
| Monday | 6:00am - 10:00pm |
| Tuesday | 6:00am - 10:00pm |
| Wednesday | 6:00am - 10:00pm |
| Thursday | 6:00am - 10:00pm |
| Friday | 6:00am - 10:00pm |
| Saturday | 7:30am - 6:00pm |
| Sunday | 7:30am - 6:00pm |

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.



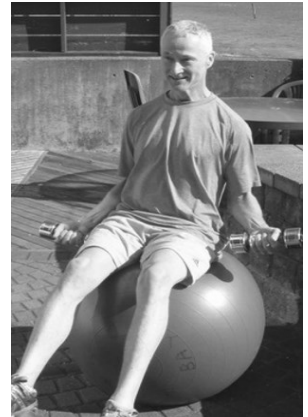
David Ginsburg specializes in personal training those with chronic conditions including arthritis, joint instabilities and general health and fitness issues. David teaches speciality fitness classes including balance training and core and back stability.

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 lifestyle 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.



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



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