

FITNESS SPRING 2018



STEVESTON COMMUNITY CENTRE

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



REDMS# 5090921-v6

Fitness and Cycling Drop-in Class Schedule

Monday	Tuesday	Wednesday
Cycle Fit 6:30-7:15am Anne-Louise		Cycle Fit 7:30-8:15am Donna
	Run Club** 7:30-9:00am	
Dance & Tone 9:15-10:15am Gail	TBC 9:15-10:15am Anne-Louise	Interval Workout 9:15-10:15am Anne-Louise
Fit & Functional 10:30-11:30am Gail	Cycle Fit* 9:30-10:15am Donna	Fit & Functional 10:30-11:30am Anne-Louise
	Yoga 11:00-12:00pm Margie	Yoga 11:00-12:00pm Elle
	Interval Workout 6:00-7:00pm Monica	Cycle Fit* 5:30-6:15pm Terri
Yoga 6:15-7:15pm Kirsten	Cycle Fit* 7:15-8:00pm Lynn	Yoga 6:15-7:15pm Margie

Did You Know?

Fitness Centre:

Adults can schedule a free orientation to the fitness centre whether you are new to our facility or already attending.

A fitness trainer will guide you through the fitness centre, demonstrating proper use of the equipment, educate you on sets and reps, and provide you with a general fitness program.

Call the fitness line, 604-238-8097 or email dbishop@richmond.ca for an appointment

Group Fitness:

New to fitness in general or not sure which class is suitable for you? We offer a variety of group fitness classes to suit most abilities.

Contact Donna Bishop at 604-238-8097 or email dbishop@richmond.ca for a consultation.

Personal Training:

Tired of your workout program or have no idea what to do in the fitness centre? Our qualified personal trainers will create a workout program specially designed for you to meet your individual needs. The trainer will work closely with you, emphasizing proper technique and coach you on how to stay committed to your exercise routine.

For an appointment with a trainer, call the fitness office 604-238-8097 or email dbishop@richmond.ca



Personal Training Information

	One on One	Group (2-3 people)
1 Session	\$51.45	\$77.20
3 Sessions	\$146.70	\$219.90
5 Sessions	\$231.55	\$347.30
10 Sessions	\$437.30	\$656.00

- 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

*Starts April 3, 2018

Thursday	Friday	Saturday	Sunday
	Cycle Fit 6:30-7:15am Anne-Louise		Run Club** 7:00-8:30am
	Run Club** 7:30-9:00am	Cycle Fit 8:15-9:00am Jeannie	
Cycle Fit* 9:30-10:15am Jeannie	TBC 9:15-10:15am Linda	Dance Fit 9:15-10:15am Jenny	Yoga 9:15-10:15am Vafa & Ingrid
	Fit & Functional 10:30-11:30am Linda		Cycle Fit* 10:00-10:45am Shani/Lynn
Yoga 11:00-12:00pm Elle	<ul style="list-style-type: none"> • **Free. Program meets in the lobby and on Sundays near the Easthope Doors. All level runners and walkers welcome • *Indoor group cycling classes: please call in one hour before the class begins to reserve a spot. (excluding early morning indoor group cycling classes) • Participants may sign in to Group Fitness and Yoga drop-in 20 minutes before class start time • Access to rooms is 15 minutes prior to class start time • 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. • For safety and enjoyment of participants, admission is NOT permitted after the first five minutes of class. 		
Interval Workout 6:00-7:00pm Karen			

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.

Dance and Tone - Shake and shimmy to popular dance music followed by resistance toning - multi-level

Fit and Functional - Includes cardio, strength, endurance, balance and flexibility work all set to music. Geared to older adults and beginners

Interval Workout - Bouts of high energy cardio, strength and recovery followed by core and stretches for a total body workout - multi-level

Run Club - Free drop-in - Join friendly folks for a run or power walk on local routes. Whether you are training for a run or just keeping fit. All levels welcome.

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	Senior 55+	Adult 19-54
Drop-in	\$3.70	\$5.60
Visit Card/10	\$30.00	\$45.00
*1 Month	\$35.00	\$48.00
*3 Months	\$78.00	\$104.00
*6 Months	\$133.00	\$178.00
*1 Year	\$222.00	\$299.00
**Family Add-On (1 yr)	N/A	\$226.00
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), \$1.80 (Minoru Aquatic Centre) and \$2.35 (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.

Spring Hours

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