

FITNESS FALL 2019



STEVESTON COMMUNITY CENTRE

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



REDMS# 5090921-v12

Fitness and Cycling Drop-in Class Schedule

Monday	Tuesday	Wednesday
Cycle Fit* 7:30-8:15am Anne-Louise	Run/Walk Club** 7:00-8:00am	Cycle Fit* 7:30-8:15am Donna
	Cycle Fit* 9:30-10:15am Jeannie	
Dance & Tone 9:15-10:15am Linda	TBC 9:15-10:15am Anne-Louise	Interval Workout 9:15-10:15am Anne-Louise
Fit & Functional 10:30-11:30am Linda		Fit & Functional 10:30-11:30am Anne Louise
	Yoga 11:00-12:00pm Margie	Yoga 11:00-12:00pm Connie
	Core & Strength 5:45-6:45pm Robin	Yoga 6:15-7:15pm Margie
Yoga 6:15-7:15pm Kirstin	Cycle Fit* 7:00-7:45pm Lynn G	Cycle Fit* 6:15-7:00pm Terri

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 jmansell@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 Jeannie Mansell at 604-238-8097 or email jmansell@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, emphasising 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 jmansell@richmond.ca



Did you know we sell water bottles?

They are stainless steel, BPA free, with a built-in carabiner to clip on a bag. There is a dome enclosed spout to prevent leaks.

\$15.75 a bottle - comes in red and blue.

Please see Front Desk for more details!

Personal Training Information

	One on One	Group (2-3 people)
1 Session	\$53.95	\$80.90
3 Sessions	\$153.75	\$230.65
5 Sessions	\$242.80	\$363.95
10 Sessions	\$458.60	\$687.85

- All fitness instructors are certified trainers.
- Free adult and youth orientations to the fitness centre are 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

Please see our other brochures at the Front Desk for more information regarding other programs we offer including Seasonal, Racquets, Preschool, and Seniors programs.

*Starts September 3, 2019

Thursday	Friday	Saturday	Sunday
	Run/Walk Club** 7:00-8:00am Cycle Fit* 7:30-8:15am Anne-Louise		Run/Walk Club** 7:00-8:00am
Cycle Fit* 9:30-10:15am Jeannie		Cycle Fit 8:15-9:00am Richard	
	TBC 9:15-10:15am Jennifer	Dance Fit 9:15-10:15am Jenny	Yoga 9:15-10:15am Mio
Burn Bootcamp 10:15-11:15am Jennifer	Fit & Functional 10:30-11:30am Jennifer		Cycle Fit* 10:00-10:45am Jaclyn/Lynn G
Yoga 11:00-12:00pm Kirstin	<ul style="list-style-type: none"> • **Free. Program meets in the lobby and on Sundays near the Easthope Doors. Walkers and runners of all levels are welcome. • *Cycle Fit classes: please call in one hour before the class begins to reserve a spot. • Minimum age of 13 years for drop-in fitness 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. 		
Cycle Fit* 6:15-7:00pm Kendrick			

Fitness Class Descriptions

Burn Bootcamp - Combines non-choreographed drills, High Intensity Interval Training; an ever changing Workout of the Day using body weight and light equipment. Experience the WOD format. Multi Level Workout

Core & Strength - Energetic warm-up and short cardio session with strength and recovery followed by core and stretches for a total body workout. Multi-level Workout

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 Workout

Dance and Tone - Shake and shimmy to popular dance music followed by resistance toning. Multi-level Workout

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

Interval Workout - Combines Drills and Intervals followed by core and stretches for a total body workout. Multi-level Workout

Run/Walk Club - Free drop-in - Run or power walk on local routes with a group of friendly folks. Suitable for those training for a run or just keeping fit. All levels welcome.

Total Body Conditioning - Strength and endurance workouts that utilize a variety of resistance equipment and may include some intervals or cardio work, the step may be used in this class. Multi level Workout.

Yoga - Yoga postures, breathing and relaxation techniques. Multi-level

Follow us on Facebook at Steveston Community Centre or
on Twitter @StevestonCS



Total Fitness Pass Fees

Total Fitness Pass	Youth 13-18 Senior 55+	Adult 19-54
Drop-in	\$4.20	\$6.05
Visit Card/10	\$34.00	\$48.00
*1 Month	\$39.00	\$51.00
*3 Months	\$88.00	\$113.00
*6 Months	\$151.00	\$192.00
*1 Year	\$252.00	\$323.00
**Family Add-On (1 yr)	N/A	\$261.00
Yoga Fees - All Ages		
Drop-in	\$8.50	
Visit Card/10	\$65.00	

*Monthly/yearly pass holders 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), \$2.20 (Minoru Aquatic Centre) and \$2.85 (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.

Fall 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