

# Fitness Fees

## Drop-in Visit Fees

Adult (19-55)	\$6.45
Youth (13-18)	\$4.60
55+	\$4.60
Yoga (all ages)	\$8.75
10 Visit Card (Adult 19-55)	\$52
10 Visit Card (Youth 13-18)	\$37
10 Visit Card (55+)	\$37

Passes	Adult	Youth & 55+
1 month	\$55	\$43
3 months	\$120	\$97
6 months	\$205	\$166
1 year	\$344	\$276
Family add on*	\$277	N/A

\*For immediate family members residing in the same residence. With the purchase of a 1 year Fitness Adult Pass, one additional adult may be added for the price listed. Must be purchased at the same time.

Membership holders can attend drop-in fitness classes and fitness centres at other facilities by presenting their Fitness Pass for an add-on fee of \$1.00 (community centres) and \$4.50 (Watermania and Minoru Centre for Active Living) regardless of where the membership was originally purchased. Yoga classes and drop-in to registered fitness programs are not included in this offer.

## Personal Training Fees

1 hour 1 visit	\$56.65
1 hour 10 visit	\$481.75
1 hour 3 visit	\$161.50
1 hour 5 visit	\$255.35
30 minute 10 visit	\$255.35
30 minute 20 visit	\$481.75

## Group Training Fees (2-3)

1 hour 1 visit	\$85.00
1 hour 10 visit	\$722.65
1 hour 3 visit	\$242.30
1 hour 5 visit	\$382.60

Book your personal training visit by contacting our fitness coordinator at [nchiu@richmond.ca](mailto:nchiu@richmond.ca) or 604-204-8567

# Stay Safe

## Prevention is key!

We have new health and safety protocols in place to help reduce the transmission of COVID-19.

## What to expect:

- **Masks required in facility**
  - Including entering, exiting and moving around the building
  - Masks are optional in the Fitness Centre and during Group Fitness Classes
- **Increased cleaning and sanitization**
  - Hand sanitizer stations provided
  - Spray cleaning bottles provided in fitness centre for participant use
  - Equipment, supplies and high touch areas disinfected regularly throughout the day

# Youth at the Fitness Centre

We welcome youth to workout in our fitness centre! All youth aged 13-18 must complete a Parental Consent Form before their first visit. In addition, youth ages 13-15 must attend a brief safety orientation. Find forms and full details at [richmond.ca/register](http://richmond.ca/register).

## Hours of Operation

**Monday to Sunday**  
6:00 am - 10:00pm

Holiday and maintenance hours will be posted at the facility prior to closures or changes

## City Centre Community Centre

5900 Minoru Boulevard  
Richmond, BC, V6X 0L9  
website: [citycentrecc.ca](http://citycentrecc.ca)  
604-204-8588



# Fitness Program

## WINTER 2021/2022

Details and schedules are subject to change. Thank you for your patience.

Last updated: December 14, 2021



# Group Fitness Classes – Drop-in

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<b>Power Fit Dance</b> 9:30 - 10:30am		<b>Total Body Conditioning</b> 9:15 - 10:15am			<b>H.I.I.T.</b> 8:30 - 9:15am	
<b>Ease into Fitness</b> 10:45 - 11:30am	<b>Yoga</b> 10:45 - 11:45am		<b>Simply Abs</b> 9:30 - 10:30am		<b>Core &amp; Strength</b> 9:30 - 10:30am	<b>Cycle Fit</b> 10:00 - 10:45am
	<b>Cardio &amp; Strength</b> 12:05 - 12:50pm		<b>Tabata Express</b> 10:45 - 11:30am	<b>Yoga</b> 12:00 - 1:00pm	<b>Yoga</b> 10:45 - 11:45am	
		<b>H.I.I.T.</b> 5:30 - 6:15pm				
<b>Cycle Fit</b> 6:30 - 7:15pm		<b>Dance Fit</b> 6:30 - 7:30pm	<b>Power Fit Dance</b> 6:30 - 7:30pm	<b>Cycle Fit</b> 6:30 - 7:15pm		
<b>Yoga</b> 7:45 - 8:45pm		<b>Cycle Fit</b> 7:00 - 7:45pm	<b>Yoga</b> 7:45 - 8:45pm			

Group Fitness Classes are included with a Fitness Pass or can be purchased as a single visit. Class schedule is subject to change.

## Attending Drop-in Classes

- Please take a ticket from reception as proof of payment to be presented at program entry.
- No late entries for yoga, but all other fitness drop in classes have a 5 minute late period.
- 10 visit passes do NOT apply to yoga; the drop in rate for yoga is \$8.75
- Registration for Cycle Fit opens Monday the week prior at 12:00pm.
- Group Fitness Classes are included with a Fitness Pass or can be purchased as a single visit. Class schedule is subject to change.

## Follow Us!



## How to Register

Pre-book your spot for Cycle Fit (drop-in possible if bikes are available):

- Online: [richmond.ca/register](http://richmond.ca/register)
- By Phone (City Centre): 604-204-8588
- By Phone (Call Centre): 604-276-4300
  - Monday to Friday, 8:30am to 5pm

Registration for each week of Cycle Fit starts at 12:00pm on the Monday one week prior. Group Fitness Classes are included with a Fitness Pass.

Visit Us!



CityCentreCC.ca

## Class Descriptions

**Cardio & Strength:** Pump it up for a total body workout with cardio moves followed by a functional strength routine.

**Core & Strength:** Core specific or overall strengthening and stretching that utilizes various resistance devices and bodyweight

**Cycle Fit:** Get fit with speed and resistance drills designed to improve cardio, endurance, and strength. Experience indoor cycling with the big screen synced to your bike through Technogym technology.

**Ease into Fitness:** Utilize cardio, muscular endurance, and flexibility exercises designed to meet achievable, healthy goals.

**H.I.I.T.:** High Intensity Interval Training combines resistance and endurance training in a fast-paced, non-choreographed workout.

**Power Fit Dance:** Move to the rhythms of upbeat music in this fun-filled dance-based cardio class.

**Pure Stretch:** Full body stretch to increase flexibility, rejuvenating your entire body.

**Tabata Express.** Combine traditional resistance training, body weight, endurance and calisthenics into a fast paced class.

**Total Body Conditioning:** Work with a variety of resistance equipment for a head-to-toe strength and endurance routine.

**Yoga:** Incorporate poses, breathing techniques and positive affirmations to improve coordination, strength and flexibility for sports and other activities.

