

Fitness Fees

Registered Visit Fees

Adult (19-55)	\$6.25
Youth (13-18)	\$4.40
55+	\$4.40
Yoga (all ages)	\$8.50

10 Visit Cards temporarily unavailable

Passes	Adult	Youth & 55+
1 month	\$53	\$41
3 months	\$116	\$92
6 months	\$199	\$158
1 year	\$334	\$264
Family add on*	\$268	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.

For a limited time, membership holders can register for fitness classes and fitness centre registered visits (where available) at any community centre and the Minoru Centre for Active Living without having to pay an additional fee, regardless of where the membership was originally purchased. Community centre membership holders can access swim sessions for an additional fee of \$4.50.

Personal Training and Corporate Fitness services are temporarily unavailable.

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.

Follow Us!



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:

- **Pre-registration is required for all activities**
 - Drop-ins are not permitted
 - Registration over phone and online only
- **Masks required in facility**
 - Including entering, exiting and moving around the building
 - Masks optional during fitness classes and in fitness centre
- **Physical distancing measures in place**
 - Distance of 2m (6 feet) required between participants at all times
 - Directional arrows marked on the floor
 - Reduced numbers of people in classes and in the fitness centre
 - Spaced out fitness equipment
- **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
- **Prepare ahead for your visit**
 - Arrive a max of 5 minutes prior to your session; line up at the Minoru Blvd entrance
 - Limited washroom access provided; change rooms and showers are unavailable

Hours of Operation

Open for pre-registered participants only. Book a Registered Visit to the Fitness Centre or sign up for fitness classes and programs:

- Online: richmond.ca/register
- By Phone: **604-276-4300**
 - Open Monday to Friday, 8:30am to 5pm

City Centre Community Centre

5900 Minoru Boulevard
Richmond, BC, V6X 0L9
citycentrecc.ca
604-204-8588



Fitness Program

WINTER 2020/21

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

Last updated: Dec 23 2020



Group Fitness Classes – Single Session

Limited Low Intensity Group Fitness Classes are now being offered!

Low Intensity Group Fitness Classes are now being offered at our centre. All classes will adhere to strict guidelines to ensure the safety of participants and staff.

Please visit richmond.ca/register to see our latest classes and schedule. Find classes by clicking on the BROWSE AND REGISTER button and choosing Fitness under Adults (19+yrs).

Registration for the following week's sessions start online at 6:00am and through the Registration Call Centre (604-276-4300) at 8:30am on the Monday one week prior.

Fitness Centre – Registered Visits

MON & FRI

9:00-10:15AM

10:30-11:45AM

12:00 - 1:15PM

1:45-3:00PM

3:15-4:30PM

TUE / WED / THUR

9:00-10:15AM

10:30-11:45AM

12:00 - 1:15PM

1:30-2:45PM

3:15-4:30PM

4:45-6:00PM

6:15-7:30PM

7:45-9:00PM

Class Descriptions

Classes may vary, with new classes to be added.

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

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

How to Register

Book a Registered Visit to the Fitness Centre or sign up for fitness classes and programs:

- Online: richmond.ca/register
- By Phone: **604-276-4300**
 - Open Monday to Friday, 8:30am to 5pm

Pre-registration is required for all classes and visits. Registration for each week of exercise sessions starts at 10:00am on the Monday one week before. Group Fitness Classes are included with a Fitness Pass. Schedule subject to change.

Holiday Hours

Our Fitness Centre will stay open during weekdays this holiday season:

December 24: 8:30am – 4:00pm

December 25: 10:00am – 3:00pm

December 26-27: Closed

December 28: 9:00AM - 5:00PM

December 29: 9:00AM - 9:00PM

December 30: 9:00AM - 9:00PM

December 31: 8:30am – 4:00pm

January 1: 10:00am – 3:00pm

January 2-3: Closed

January 4: 9:00AM - 5:00PM

January 5: 9:00AM - 9:00PM

Registered Visit timeslots vary during these holiday hours. Visit richmond.ca/register to see times and to register now.