

Fitness Centre Hours Spring 2008 April 1 – June 30

Monday-Thursday 6:00am-10:00pm

Friday 6:00am-7:30pm

Saturday 10:00am-5:00pm

Sunday & Holidays 9:00am-5:00pm

Fitness Fees – Spring 2008

	Adult	Student	Youth/Senior
Drop-in	\$4.50	\$3.50	\$3.25
10 Visit Card	\$39.25	\$30.00	\$27.50
Monthly Fitness Passes: Fitness Centre or Aerobic Only Pass			
1 Month	\$32.75	\$26.75	\$22.50
3 Month	\$89.00	\$72.50	\$61.50
6 Month	\$163.75	\$130.75	\$111.25
12 Month	\$285.25	\$226.50	\$195.75
Combo Fitness Centre or Aerobic Only Pass			
1 Month	\$44.75	\$38.00	\$35.25
3 Month	\$126.75	\$96.00	\$88.50
6 Month	\$221.00	\$184.00	\$166.50
12 Month	\$332.00	\$253.00	\$221.00
Separate Fee Structure			
Adult Sports Drop in \$4.50 Youth Open Gym Drop in \$2.00 Kids Sports (with Instructor) Drop in \$5.75 Stroller Bootcamp Drop in \$10.00 Fit 4 Two Drop in \$14.00 Refit Drop in \$3.00 or 10 visits for \$29.50 Dance & Stretch Drop in \$6.00 or 10 visits for \$55.00			

Group Fitness Class Schedule

April 1 - June 30, 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am	Blast Gliding Denisse 8-8:45am		Core Fusion Denisse				
9:00-10:00am	Cardio Sculpt Denisse	Core & Posture Fit Alannah	TBC Denisse	Step Circuit Alannah	Latin Vibe Denisse	Circuit Training Mike	
10:15-11:30am	Dance & Stretch Gayl 10:15-11:15	Refit Maggie 10:15-11:30	Yogalates Allannah 10:15-11:15am	Refit Maggie 10:15-11:30			

11:45am -12:45 pm				Dance & Stretch Gayl 11:45-12:45			
6:00- 7:00pm & 6:15- 7:15pm	Yoga Fit & Flow Denisse 6:15-7:15pm	Cardio Kick Box Denisse 6-7:00pm Fit 4 Two Dee 7-8:15pm		Yoga for the Boyd & Mind Peter 6:15-7:15 pm		Class Schedule Subject To Change	

Personal Training: Travis Hawton Karen Everall Janet Betteridge Ian Falconer

One on One - Your Personal Trainer will design, supervise and monitor your workouts and provide feedback to help you reach your goal. Days and times arranged with trainer. Sessions are 60 minutes.

1 session Fee \$40.00 5 sessions Fee \$175.00 10 sessions Fee \$300.00

Two on One - Train with a friend. Sessions are 90 min. 5 sessions Fee \$120.00/person

Drop-In Sports Schedule								April 1 - June 30, 2008	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
10:30- 12:00pm	Preschool & Children's Sports See Pages 10 - 11				Family Playtime (1-5yrs)	Family Playtime (1-5yrs)	Family Playtime (1-5yrs)		
1-2 pm					Tee Ball (3-5yrs)				
1:30- 3:15pm	Multi Sport (3-5yrs) 1:30-2:30	Soccer (3-5yrs) 1:30-2:30	Soccer (3-5yrs) 1:45-2:45	Multi Sport (3-5yrs) 2:15-3:15	Multi Sport (3-5yrs) 2:15-3:15				
3:30- 4:30pm	Indoor Soccer (6-8yrs)	Floor Hockey (6-8yrs)	Basketball (6-8yrs)		Floor Hockey (9-12yrs)				
4:30- 6:00pm	Youth 13+ Open Gym	Youth 13+ Open Gym	Youth13+ Open Gym	Youth 13+ Open Gym	Youth 13+ Open Gym 5-7pm				
7:30- 9:30pm	Gym 19+ Hockey	Soccer 19+	Volleyball 19+	Basketball 19+					
JHill Gym	Basketball 8-10 pm	Gym Hockey 6:30-8:30		Soccer 7 - 9 pm					