

Fitness Centre Hours

FALL – September 8 – December 31, 2010

Monday-Thursday	6:00am-10:00pm
Friday	6:00am-7:30pm
Saturday	10:00am-5:00pm
Sunday & Holidays	9:00am-5:00pm

Fitness Fees – FALL 2010

	Adult	Student	Youth/Senior
Drop-in	\$5.35	\$4.30	\$4.00
10 Visit Card	\$46.00	\$35.30	\$32.50
Monthly Fitness Passes: Fitness Centre or Aerobics Only Pass			
1 Month	\$37.50	\$31.00	\$26.75
3 Month	\$103.00	\$84.50	\$74.00
6 Month	\$190.00	\$154.00	\$135.00
12 Month	\$335.00	\$270.00	\$240.00
Combo Pass - Fitness Centre and Aerobics			
1 Month	\$59.00	\$48.00	\$41.75
3 Month	\$168.50	\$125.00	\$106.75
6 Month	\$302.00	\$240.00	\$202.00
12 Month	\$488.00	\$361.00	\$285.00

Personal Training

Personal Training

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 \$48.00

5 sessions Fee \$220.00

10 sessions Fee \$380.00

Small Group Sessions:

Additional \$25/person/session