

Fitness Centre Hours

WINTER – January 2 – March 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 – WINTER 2010

	Adult	Student	Youth/Senior
Drop-in	\$5.00	\$4.00	\$3.75
10 Visit Card	\$43.00	\$33.00	\$30.50
Monthly Fitness Passes: Fitness Centre or Aerobics Only Pass			
1 Month	\$35.00	\$29.00	\$25.00
3 Month	\$96.00	\$79.00	\$69.00
6 Month	\$177.75	\$144.00	\$126.00
12 Month	\$313.50	\$253.25	\$225.00
Combo Pass - Fitness Centre and Aerobics			
1 Month	\$55.00	\$45.00	\$39.00
3 Month	\$157.50	\$117.00	\$99.75
6 Month	\$282.50	\$226.00	\$189.00
12 Month	\$456.00	\$338.00	\$266.50

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