



FITNESS CENTRE HOURS
 Mon-Fri.....6:30am-9:30pm
 Sat/Sun.....9:00am-4:00pm
 Holiday Hours see page 27.

Improve or maintain your fitness in our two level centre that features treadmills, crosstrainers, lifecycles, Revmasters (specialized cycles), rowers, specialized rowers, Cybex weight training, Nautilus, cable pulley machines, free weights and a stretch/core room with varied resistance and core training apparatus.

Free Fitness Orientations

Call 604-257-8195 to book a free 30 min orientation.
 Tuesdays : 7:00AM-9:00AM, 11:30AM-1:30PM
 Thursdays: 10:00AM-2:00PM
 Saturdays: 9:00AM-1:00PM

Youth in the Fitness Centre

Youth aged 13-18 years are welcome to use our Fitness Centre provided they complete our Fitness Centre parent/guardian consent form and attend a scheduled orientation with one of our qualified Fitness Centre staff. Call 604-257-8195 to book an orientation.

False Creek Fitness Centre Admission Fees

These fees include gst and valid only for the False Creek Fitness Centre.

| | Drop-in | 10-Visit Swipe | 20-Visit Swipe | 3-Month Pass | 6-Month Pass | 1 Year Pass |
|-------------------|---------|----------------|----------------|--------------|--------------|-------------|
| Adult (19-54 yrs) | \$4.75 | \$42 | \$79 | \$111.50 | \$181.25 | \$325.50 |
| Youth (13-18 yrs) | \$3.25 | \$28 | \$51 | \$79 | \$130 | \$242 |
| Senior (55+ yrs) | \$3.25 | \$28 | \$51 | \$79 | \$130 | \$242 |

Leisure Access Card accepted for 50% off adult Fitness Centre drop-in fee and monthly passes. Park Board 10-visit card and Flexipass accepted.

Personal Training

Our Fitness professionals work with you to identify goals, customize a specific program and maximize the benefits of your training routine. **Personal Training Packages include the option of 1, 3, 5 or 10 session and the option to 'Train with a Friend'.** Individual sessions are 1 hour and 2 person sess are 1.25 hours.

Karen Everall

Karen is a BCRPA Personal Trainer, Stot Pilates Instructor, Yoga Alliance teacher and has experience with Pre and Post Natal and Third Age fitness. Karen has been in the fitness industry for approximately 20 years and holds a Certificate of Health and Fitness from Simon Fraser University. Karen believes in functional training and will set you up on a very customized fitness program.

Jenny Mah

Jenny comes with over 25 years of knowledge and experience in the fitness industry. She is a BCRPA Personal Trainer, TRX certified with twist strength and conditioning. Furthermore she is an Osteofit Fall Prevention Specialists and she will design a program specifically for you.



| 1 client (private training) | | 2 clients (semi-private) | |
|-----------------------------|----------|--------------------------|----------------------|
| 1 session | \$42 | 3 session | \$79 |
| 3 session | \$116.25 | 5 session | \$116.25 |
| 5 session | \$185 | 10 session | \$227.75 |
| 10 session | \$358 | | gst included in fees |