



### 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 strength machines, free weights, cardio equipment, stretching area, and more!

### Free Fitness Orientations

Call 604-257-8195 to book a free 30 min orientation.

Tuesdays: 7:30AM-8:30AM, 12:00PM-1:00PM

Thursdays: 12:30PM-1:30PM

Saturdays: 9:30AM-12:30PM

### Youth in the Fitness Centre

Youth aged 13-16 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 certified Fitness Centre staff. Call 604-257-8195 to book an orientation.

### False Creek Fitness Centre Admission Fees

These fees exclude 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)	\$4.52	\$40	\$75.24	\$106.19	\$172.62	\$310
Youth (13-18 yrs)	\$3.10	\$26.67	\$48.57	\$75.24	\$123.81	\$230.48
Senior (55+ yrs)	\$3.10	\$26.67	\$48.57	\$75.24	\$123.81	\$230.48

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 & maximize the benefits of your training routine. **Personal Training Packages include the option of 1, 3, 5 or 10 session & the option to 'Train with a Friend'.** Individual sessions are 1 hour & 2 person sess are 1.25 hours.

### Karen

Karen is a BCRPA Personal Trainer, 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 SFU.

### Kevin

Kevin has been training since 2014. His specialties include Fat Loss, Muscle Growth, Strength and Conditioning, Third Age, and Hip/Knee Rehabilitation. He has a Kinesiology Bachelor's Degree from UBC, BCRPA Weight Training and Personal Training, and YMCA Group Fitness.

1 client (private training)		2 clients (semi-private)	
1 session	\$44	3 sessions	\$83
3 session	\$122	5 session	\$122
5 session	\$194	10 sessions	\$239
10 session	\$375	gst excluded in fees	

### Scovia

Scovia is a CanfitPro Certified Personal Trainer. She specializes in strength training for introductory and novice fitness programs as well as Women's only weight training and weight loss programs.

### Jenny

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.

### Leila

Leila has been training since 2016. She is a certified ACE personal trainer and health coach. She has experience with TRX training and specializes in rehabilitation, injury prevention, weight loss, older adults, and group fitness.

### Keiko

Keiko is a certified BCRPA Weight Trainer and Personal Trainer. She has a very diverse fitness background and specializes in Pilates, strength training, martial arts/self defense, older adults, balance and mobility, and group fitness.

### Emma

Emma has been training since May 2018. She is a certified ACSM Personal Trainer. Her specialties include working with teens, older adults, group fitness, circuit training, and more! She also has her Master of Kinesiology from Western University.