



**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: 7:30AM-8:30AM, 12:00PM-1:00PM  
 Thursdays: 12:30PM-1:30PM  
 Saturdays: 9:30AM-12:30PM

**Youth in the Fitness Centre**

Youth aged 13-18 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 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 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.

**Kevin Prudencio**

Kevin has been training since 2014. His specialties include Fat Loss, Muscle Growth, Strength and Conditioning, Third Age, and Hip/Knee Rehabilitation. He has obtained a Kinesiology Bachelor's Degree from UBC, BCRPA Weight Training and Personal Training, and YMCA Group Fitness. His hobbies include weight lifting, yoga, badminton, and hip hop. Kevin believes that no matter your fitness level, he can provide exercise and health knowledge that will empower you to achieve your goals!

**Scovia Meako**

Scovia is a CanfitPro Certified Personal Trainer, BCRPA Certified Weight Training/Group Fitness/Pilates Fitness Instructor. Scovia specializes in strength training for introductory and novice fitness programs as well as Women's only weight training and weight loss programs. "It doesn't matter when or how long you have stopped. Just remember to restart"

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	