



**FITNESS CENTRE HOURS**  
 Mon-Fri.....6:30am-9:30pm  
 Sat/Sun.....9:00am-4:00pm  
 Jul-Aug Fri . 6:30am-6:00pm  
 Holiday Hours see page 35.

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 : 11:45am-1:30pm

Thursdays: 2:15pm-5:30pm

Saturdays: 9:15am-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 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 ys)	\$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 is a BCRPA Certified Personal Trainer, Third Age and Osteofit Instructor. Jenny specializes in one on one training for all levels and all ages. Jenny has over 20 years of experience working in the health and fitness industry and approaches each session with genuine care.

**Mary Dejong**

Mary has been a BCRPA Personal Trainer since 2000She specializes in Sport Specific Training, Third Age, Yoga and Indoor Cycling. Mary believes in a holistic approach in which the mind, body and spirit are all key components in achieving a full-filling healthy and balanced lifestyle.



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

Registration begins Tuesday, April 11<sup>th</sup> at 9:00am In Person & Online, 10:00am Phone In