



**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.