

# Fitness Centre, Whirlpool & Sauna

## Fitness Centre Fees | See the table of contents page for Fitness Centre Hours of Operation

Fees include: use of the Fitness Centre, sauna, whirlpool, locker use and change rooms. 10 Visit Passes are not eligible for LAC discounts.

Fitness Centre Admission		
Pass	Adult	Senior/Youth
Drop-In	\$5.98	\$4.27
10 Visit Pass	\$47.79	\$34.19
Prices subject to change. Tax not included.		

Monthly Flexipass		
Pass	Adult	Senior/Youth
1 month	\$46.18	\$32.33
3 month	\$122.45	\$85.73
12 month	\$390.32	\$273.21
Prices subject to change. Tax not included.		

Whirlpool & sauna are closed Mon-Fri 11:45am-3:00pm.

Whirlpool & sauna close 15 min prior to the Fitness Centre.

See pg 2 for Fitness Centre operating hours.

### In our cardio room:

LifeCycles, Recumbent Cycles, Cross Trainers, Treadmills, Stairmasters, Concept 2 Rowers, Stretching area, Stability balls, BOSU balls

### In our weight room:

Free weights, Benches, Olympic bars, Weight machines including LifeFitness Cable Motion with adjustable pulleys

### Monthly Flexipass:

Enjoy flexible and affordable recreation with our no-contract, all-access pass. Purchase a OneCard Flexipass at any Park Board fitness centre and receive unlimited access to our 15 fitness centres, 9 indoor pools, 4 outdoor pools and 8 ice rinks. For more information, visit [vancouverparks.ca](http://vancouverparks.ca).

## Personal Training

**Small Group Personal Training:** Friends and family can be very powerful in helping you stay on track when trying to attain your fitness goals. A small group training setting provides a comfortable support system where you can encourage one another and foster some healthy competition. Group sessions offer the same intimate coaching experience as a personal trainer but at a reduced cost. You may register as a group of three up to a maximum group of four.



Package	Private	Semi-Private	Small Group
1 session	\$49.73	\$74.56	\$108.80
3 sessions	\$133.83	\$200.79	\$291.42
5 sessions	\$233.79	\$348.08	\$427.43
10 sessions	\$397.80	\$646.43	\$777.14
Prices subject to change. Tax not included.			

## Group Sessions

**Gutts & Butts** Tummies and rears are specifically targeted with exercises designed to get results. You will use equipment such as bars, balancefits and gliders.

13+ yrs		Bonnie
Sep 5-Dec 19	Tu	10:00am-10:30am
Sep 7-Dec 21	Th	10:00am-10:30am

**Full Body Circuit** Light but effective exercise for a full body workout using resistance bands and free weights.

13+ yrs		TBA
Sep 18-Dec 22	F	10:00am-10:30am

**Exercise for Prostate Cancer Survivors** This program is open to all prostate cancer survivors and their carer/spouse. It is designed to help men with prostate cancer learn how to exercise correctly and to reach and maintain wellness goals. A combination of resistance training, flexibility, balance and aerobic exercise in 2 x 60 minute circuit classes per week. Comprehensive physical assessments completed during week 1 and week 12. Purchase of a Flexipass is required to register in the program. No session Oct 9, Nov 13.

19+ yrs		TrueNTH Life Style Management
Sep 11-Dec 7	M Th	10:30am-11:30am