

# FITNESS MEMBERSHIPS AND WEIGHT ROOM INFORMATION

## Weight Room Hours

Monday - Friday	6:00am - 9:00pm
Saturday/Sunday (closed on Statutory holidays)	9:00am - 4:00pm

## Fitness Membership and Drop In Fees

MEMBERSHIP DESCRIPTIONS	Adult (19 yrs+)	Youth (12-18 yrs)	Student (19-24 yrs)	Senior (60 yrs+)
Drop-In	\$7	\$5	\$5	\$5
10 Visit	\$55	\$35	\$45	\$45
1 Month	\$60	\$40	\$50	\$50
3 Month	\$144	\$96	\$120	\$120
1 Year	\$396	\$264	\$330	\$330
<b>Replacement fee for a lost card</b>				<b>\$5</b>

## Students

Students must present a student card or letter from a school registrar confirming registration at an accredited post secondary institution.

## Personal Training

All our Personal Trainers are Provincially or Nationally Certified and Registered.

**Sessions are 60 minutes in length.**

1 session	\$65
3 sessions	\$180
5 sessions	\$275

## Supervised Weight Room Hours

Monday - Friday 6:00 - 7:45am

## Youth in the Weight Room

**You must be 16 years or older to use the weight room without supervision.**

Youth ages 13-15, may use the weight room during Supervised Weight Room times or with a Parent/Legal Guardian.

**Youth age 13-15 may use the weight room during all regular weight room hours after completing the Youth Weight Room Orientation.**  
(Parental Consent Form is required)

## Youth Weight Room Orientation

A 90 minute course designed to ensure teens are comfortable using the Sportsplex weight room equipment without a supervisor present.

Age 13 - 15 Years

**\$10/Person - Registration Required**

Please Call 250-923-7911 for upcoming dates.

## Adult Weight Room Orientation

A 90 minute course designed to familiarize adults on weight room equipment, effective weight training and weight room etiquette.

Age 16+ Years

**\$10/Person - Registration Required**

Please Call 250-923-7911 for upcoming dates.