

fitness - health & wellness



Fitness Centre Hours:
Monday-Friday: 6:00am-9:00pm
Saturday-Sunday: 8:00am-6:00pm

Fitness Centre welcomes patrons aged 16 years and older. Please Note: Youth ages 13-15 years may use the fitness centre upon completion of the mandatory Youth Training Program.
 Please call 250.245.6424 for more information

Fitness Centre

Whether you are new to fitness, want to improve your fitness level, or are recovering from an injury, the Fitness Centre is the place to go! Come and check out the 3000 sq. foot facility featuring an extensive selection of cardio, strength training and free-weight equipment. We also have a variety of Stability, Bosu, and Medicine Balls; Wobble Boards; and Fit Tubes.

Strength Training Orientations & Consultations

Dress for exercise and bring your questions! Our certified instructors will design a BASIC training program specific to your needs. If you feel stuck in a workout rut, or need some motivation to stick to your program, this is a service for you - which is included with your admission. Please call 250.245.6424 for more information or to book your appointment.

Personal Training

New to fitness, tired of the same workout routines, can't seem to reach your goals, or just need some extra motivation and encouragement... then our Personal Training Program is for you! Our certified and motivational BCRPA Personal Trainers can design a comprehensive and highly effective exercise program that is personalized and customized for you. Every session is unique to your body type, needs, goals and time frame in which you wish to achieve results. Please call 250.245.6424 for more information or to book your appointment.

Private Personal Training Packages			Semi-Private Training Packages (2 Participants)			Group Training Packages (3-5 Participants)		
Sessions	Cost/Session	Cost/Pkg	Sessions	Cost/Session	Cost/Pkg	Sessions	Cost/Session	Cost/Pkg
2	\$50	\$100	2	\$45	\$90	2	\$35	\$70
4	\$45	\$180	4	\$35	\$140	4	\$30	\$120
8	\$40	\$320	8	\$30	\$240	8	\$25	\$200
12	\$38	\$456	12	\$29	\$348	12	\$24	\$288

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Meet the Fitness Team



Deb



Kathy



Ashley



Suzy



PJ



Heather

Body Composition Analysis

Have you been working out for what seems like forever with no change on the scale? That number may not change, but you may be losing fat while gaining muscle. Body Composition Testing will help you differentiate between how much of that number on the scale is fat and how much is not (bones, organs, water, essential fat, etc.). If you have trouble staying motivated this may be what you need to keep you on track with your fitness program. Please call 250.245.6424 for more information or to book your appointment.
\$10/session

Team Spin & Core Training

A motivating group training session with top instructors and great music. Class is designed to build cardiovascular, muscular endurance and core strength to enhance your sport performance. Book this room for your school, minor sport or adult team. Please call 250.245.6424 for more information or to book your training sessions.
\$100/hour (includes 2 instructors)
Maximum 18 participants.

Stability Ball Orientation

'The Ball' has many names: Swiss Ball, Fit Ball, Stability Ball and the list goes on! A lot of us have one, but do you really know how to use it? Get a 30 minute orientation on how to properly use this great fitness tool and learn exercises that you can do at home. Please call 250.245.6424 for more information or to book your orientation.
\$10/person

The Reebok Movement Screen™

Do you want to build a highly effective base for athletic and functional success? Whether your fitness goal is increase your bench press max, improve your golf game, or improve quality of daily living, the Reebok Movement Screen may hold the key to reaching your ultimate physical potential.

Movement screening is an essential tool because it assesses QUALITY OF MOVEMENT, versus typical fitness testing that measure the quantity of movement. Based upon five functional movement patterns that we learned from an early age, each screen assesses joint mobility and/or stability, and motor coordination. We ask our clients to perform functional movements to observe their natural mistakes or faulty patterns, in order to reveal their limitations and develop a unique, corrective program that trains the weakest link.

Please call 250.245.6424 for more information or to book your appointment.
\$55/30 minute assessment & 30 minute consultation and corrective program.

health & wellness

drop in fitness classes

Drop In Fitness Schedule - Effective Sep 8- Dec 19					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Circuit 9:15-10:15am	Strength Plus 9:15-10:15am	Cardio Circuit 9:15-10:15am	Strength Plus 9:15-10:15am	Cardio Circuit 9:15-10:15am	**Drop In Spin 9:00-9:45am
Fitness Lite 10:30-11:30am		Fitness Lite 10:30-11:30am		Fitness Lite 10:30-11:30am	Abs Express 10:00-10:45am
	Yoga Fitness 12:00-1:00pm			Yoga Fitness 12:00-1:00pm	

Cardio Circuit	A drop-in 'do-it-all' circuit class that will get your heart pumping while strengthening and toning. Participants visit a variety of stations using different fitness equipment. All stations can be modified to be more or less difficult. This class has a spontaneous, unchoreographed style that appeals to everybody.
Drop-In Spin	This 45 minute non-registered class will teach you the basics of indoor cycling and give you the confidence to ride with the best of them! Go through the hills, sprints and intervals while listening to music. Participants modify their own cycling resistance and pace. Please bring a towel and a water bottle. **Please Note: There is a \$6 cost for this class and it is not included with monthly passes or punch cards.
Fitness Lite	Try a class that's low impact and fun! Easy on the joints with slower, fluid movements. Easy 10 minute warm-up, followed by 20 minutes of joint friendly cardio, 20 minutes of strength training, and 10 minutes of stretching. Great for beginners, 50+ and pre/post natal.
Strength Plus	Come out for a quick full body work out - interval style! We'll alternate between a cardio segment based on traditional aerobic exercise, bootcamp, and boxing. This will be followed by a segment of strength training using dumbbells, fit tubes, medicine balls and your own body weight! A well deserved relaxation stretch completes the mind body connection.
Yoga Fitness	This class is a wonderful way to stretch and strengthen, blending Hatha Yoga postures in a Vinyasa Flow style of class with Pilates exercises and fitness moves. This class is suitable for all fitness levels. Bring your own yoga mat, blocks and straps if you have them.
Abs Express	Learn how to properly activate your mid section and abdominal area. This core conditioning class targets the abdominals, back and pelvic floor muscles. A strong core improves posture, allows people to gain power and strength, and decreases low back pain.

Admissions						
	Single	10 X Card	30 X Card	1- Month Pass	3-Month Pass	6-Month Pass
Youth (13-18)	3.35	28.65	76.05	33.95	91.65	173.15
Adult (19-59)	4.80	40.60	107.00	42.45	114.60	216.50
Senior (60+)	3.35	28.65	76.05	33.95	91.65	173.15