



# KERRISDALE EXERCISE ROOM



*Effective May 8, 2021*

<b>MON</b>	2:45pm-3:45pm   4:00pm-5:00pm   5:15pm-6:15pm   6:30pm-7:30pm
<b>TUE &amp; THU</b>	7:15am- 8:15am   8:30am-9:30am   9:45am-10:45am   11:00am-12:00pm
<b>SAT &amp; SUN</b>	8:45am-9:45am   10:00am-11:00am   11:15am-12:15pm 12:30pm-1:30pm   2:15pm-3:15pm 3:30pm-4:30pm ( <i>1:30pm-2:15pm closed for deep clean</i> )

### What's New?

- New hours: mornings, afternoons and evenings
- Increased workout sessions to 60min
- Redistributed equipment to optimize workouts
- Drop-ins currently not accepted. Pre-registration will be required for all sessions.
- Mask/face covering are required at all times while in the community centre and/or activity space as per the Provincial Health Order effective Mar 30. If you do not have a mask, one will be provided at the front desk.

To optimize patron safety and well being, we are:

- Reducing the number of people who can visit at one time
- Creating timed exercise room sessions (60 minutes)
- Selling sessions online for exercise room sessions
- Ensuring equipment is cleaned after every use
- Creating (5) different work out zones – Maximum time limit in each is 30 min
- Having Fitness Attendant in the Exercise Room to answer questions and assist if needed

### RATES (Prices include tax)

Fees	Adult	Snr / Yth	Pass Reactivation
10 Visit Pass	\$32	\$32	Kerrisdale Exercise Room Passes as well as the 10 Visit Pass can be used for online session registration. To ensure you will be fully prepared to preregister you must have your exercise room pass reactivated. Reactivate your pass by: <ul style="list-style-type: none"> <li>• Email: <a href="mailto:Kerrisdale.CommunityCentre@vancouver.ca">Kerrisdale.CommunityCentre@vancouver.ca</a></li> <li>• Phone: 604.257.8100</li> </ul>
1 Month	\$39	\$30	
3 Month	\$84	\$62	
6 Month	\$154	\$116	
12 Month	\$243	\$185	

## HOW TO REGISTER

- Pre-register at noon up to 3 days in advance and preregistration ends 30 min before session
  - o Online: [vancouver.ca/fitness](http://vancouver.ca/fitness)
  - o By phone: 604.257.8100
  - o In-person
- Pre-registration -18 spaces.

## WHAT YOU NEED TO KNOW BEFORE YOU ARRIVE

- Come workout ready!
- Arrive no sooner than 15 minutes before session start.
- Washroom **available**.
- Leave all valuables at home. Wallet lockers **available**.
- Bring your own bottle. Water fill station **available**.
- Change room and lockers **not available**.

## DO NOT BE LATE

If you do not arrive at your intake time, you will NOT be refunded. If the session has not sold out, you may enter.

## WHEN YOU ARRIVE

1. Wait outside at 42nd entrance to be checked in.
2. Follow guidelines from staff.
3. Scan Pass.
4. Enjoy a safe workout.
5. Clean equipment before/after use.
6. Exit via marked doorways.

## REFUNDS

ONLINE through your account at [vanrec.ca](http://vanrec.ca) by 11:59pm the day before your session.

PHONE/IN-PERSON requests must be submitted by 3:00pm the day before your session or by Friday 3pm for weekend sessions.

## FITNESS EQUIPMENT *(Work Out Zones Pictured Below)*

We have created (5) Different Work Out Zones – Please adhere to posted room capacities, if occupancy has been met – please use a different zone. See staff for more direction if needed.

Due to COVID-19 safety measures, we have reduced and spaced apart our equipment to the following pieces:

- 2 walk/run treadmills
- 4 elliptical walk/run
- 1 step machine
- 1 elliptical, recumbent
- 1 arc trainer
- 1 indoor spin bicycle (Keiser)
- 1 indoor bicycle, recumbent position
- 2 indoor bicycles, upright position
- 1 adaptive motion trainer (Precor)
- Free weights and adjustable benches
- Strength-training machines for upper and lower body (LifeFitness)
- Functional training props



*Stretch Room – Maximum Capacity of 2*



*Room 005 – Maximum Capacity of 2*



*Room 015 – Maximum Capacity of 6*



*Exercise Room: Cardio – Maximum Capacity of 5*



*Exercise Room: Free Weights – Maximum Capacity of 3*

