



EXERCISE ROOM

Need more motivation?

Exercise Room Hours
 Monday-Friday 6:00am-9:30pm
 Saturday 7:00am-6:30pm
 Sunday 9:00am-4:30pm
 For Holiday Hours, please see page 3.

New to fitness?
 We are now offering Exercise Room orientations between 8am-noon on the last Wednesday of every month. If you have any questions about your current fitness program or need some help getting started, please book a free 30 minute appointment with our Fitness Attendant. Orientations are also available Monday and Thursday evenings. Appointments can be made at the front desk or by calling 604-257-8100.

Fees **\$3.50 Drop-in**

| Fees | Adult | Sr/Yth |
|---------------|--------|--------|
| Drop-In | \$3.50 | \$3.50 |
| 10 Visit Pass | \$29 | \$29 |
| 1 Month Pass | \$35 | \$27 |
| 3 Month Pass | \$76 | \$56 |
| 6 Month Pass | \$140 | \$105 |
| 12 Month Pass | \$221 | \$168 |

Please scan passes at the front desk and grab a wristband before going downstairs. Passes are non-transferrable or refundable. We do not suspend passes. There is a \$2 charge for replacement passes.

Get a Personal Trainer

Sign up for a 1 hour workout session with one of our certified trainers.



Workout one-on-one (private) or join with a friend (semi-private) for added support. Perfect for starting out in a fitness centre, adding variety to your program, rehabilitating from an injury or improving sport specific athletic performance.

Get started today!

Complete our Personal Training Request Form, which is located at the Front Desk or online. A Programmer will review your request and have a suitable trainer contact you to set up your sessions.

Requests may take up to 2 weeks to process.

Personal trainer profiles can be found online at kerrisdalecc.com

★NEW PERSONAL TRAINING PRICES AS OF JAN 1st, 2019

| Price is Per Person | Private | Semi-Private |
|---------------------|----------|--------------|
| 3 Sessions | \$151.25 | \$96.80 |
| 10 Sessions | \$453.75 | \$320.65 |

Personal training packages include your admission to the Exercise Room during your sessions. Packages expire 6 months after purchase.

Youth Use

We require all youth ages 13-15 to do an orientation with a Fitness Attendant prior to using the Exercise Room on their own. Please have a parent or legal guardian fill out an Orientation for Youth form, which is located at the Front Desk or online, prior to the orientation. The completed form must be brought to the orientation.

