

Fitness Centre



Monday-Thursday . . . 9:00am-9:30pm
 Friday,
 Saturday & Sunday . . . 9:00am-4:30pm
 Centre Closures See page 4

Fitness Centre Month Passes

Vancouver Park Board flexipasses
 and strip tickets are NOT valid.

	Adults (16yrs+)	Seniors (60yrs+)
Drop-in	\$3.75	\$3.50
10 tickets	\$31.00	\$27.50
1 month pass	\$37.50	\$32.50
3 month pass	\$98.00	\$86.00
6 month pass	\$176.50	\$150.00
12 month pass	\$293.50	\$268.00

Please note that fitness centre prices are subject to change

- **Personal Training**
 - **Fitness Assessments**
- FREE Orientation of fitness equipment
 Mondays 6:30pm-7:30pm with Inderjit*

Personal Training

Individual

With the help of a certified personal trainer you can get setup on a program designed specific to your fitness goals. Want to become oriented with different exercise machines, learn new dynamic compound exercises and have a training regimen set? This is the service for you! Consultation Included!

# of sessions	Fees (Incl. gst)
1	\$55
3	\$150
5	\$225
10	\$400



Train with a Partner

Come out and bring a friend to train with! You and your partner will go through exercises individually as well as together. Have more fun working out and get that motivation you need!!

# of sessions	Fees (Incl. gst & partner)
1	\$70
2	\$130
4	\$220

Fitness Assessment

This 45 min session will consist of body composition, girth measurements, musculoskeletal fitness and blood pressure taken by a Certified Personal Trainer. Use these measurements to monitor your progress with any fitness program.

# of sessions	Fees (Incl. gst)
1	\$35
2 (Before & After)	\$60



Inderjit Waraich has been personal training for over 3 years with a variety of clients. His specialties include: athletes, individuals recovering from injuries as well as helping individuals

attain their goals in preparing for police fitness tests and overall strength and weight loss goals. He believes it is never too late to get started on one's goals and to achieve and maintain health and vitality throughout one's life. E-mail: inderjit.waraich@vancouver.ca

