

Fitness Centre Schedule: Mar 31-Aug 24

**CLOSED APR 18-21, MAY 19, JULY 1, AUG 4.
ANNUAL MAINTENANCE CLOSURE AUG 25-SEPT 7.**

**FACILITY
MAINTENANCE
CLOSURE
APR 18-21 &
AUG 25-SEP 7**

Health Club memberships includes full access to the Fitness Centre and access to our 25m pool, hot tub and sauna when available. Last entry into the pool or fitness room is 30 minutes before closure.

The Fitness Centre at the Summerland Aquatic Centre features an extensive variety of cardio and weight equipment.

Our equipment includes:

- Free Weights & Kettlebells
- Treadmills
- Stationary/Recumbent/Spin Bikes
- Stair Master
- Rowing Machine

We provide a safe and pleasant atmosphere for our members and guests. Whether you want to increase your overall fitness, lose weight or train for that upcoming race, we have the equipment to assist you.

Weight Room Basics

Join this weight room basics class, designed for beginners looking to learn how to use the gym equipment safely and effectively. Your instructor will guide you through proper techniques and show you how to structure a balanced workout routine. Perfect for anyone new to strength training or looking to build confidence in the gym.

Age: 18 yrs +

Location: Summerland Fitness Centre

**Apr 13 Sun 5:00-6:30pm
\$16 15055**

**May 25 Sun 10:00-11:30am
\$16 15447**

Age: 13 - 17 yrs

Location: Summerland Fitness Centre

**April 22 Mon 1:00 - 1:45pm
\$9 15056**

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APR 18-21,
MAY 19, JULY 1,
AUG 4, &
AUG 25-SEP 7**

FITNESS CENTRE HOURS

Fitness Centre Spring Schedule

MAR 31-JUNE 29

Mon-Fri 6:30am-8:45pm
Sat & Sun 9:00am-6:15pm

Summer Schedule

JUNE 30-AUG 24

Mon-Fri 6:30am-7:15pm
Sat & Sun Closed



FEES – HEALTH CLUB – POOL & FITNESS CENTRE

ADMISSION	DROP-IN	10 PASS	1-MONTH PASS	3-MONTH PASS	6-MONTH PASS	1-YEAR PASS
Teen 13-18 years	\$5.50	\$49.50	\$55.00	\$140.25	\$ 231.00	\$429.00
Adult 19-64 years	\$7.25	\$62.25	\$72.50	\$184.88	\$304.50	\$565.50
Senior 65+ years	\$5.50	\$49.50	\$55.00	\$140.25	\$231.00	\$429.00
Family (13+)*	\$17.00	\$153.00	\$170.00	\$433.50	\$714.00	\$1,326.00

*A family consists of 2 adults and their own children 13-18 years. All prices include GST.