

Fitness Centre Schedule: Sep 8-Dec 20

CLOSED SEP 30, OCT 12 & NOV 11.

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 and Kettlebells
- Treadmills
- Stationary/Recumbent/Spin Bikes
- Ellipticals
- 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.

FITNESS CENTRE HOURS

Fitness Centre Fall Schedule

SEP 8-DEC 20

Mon-Fri 6:30am-9:00pm

Sat & Sun 9:00am-6:30pm

See page 22 for full holiday schedule.

Closed
Sept 30, Oct 12
Nov 11

Weight Room Orientations

Join Courtney for this one-time intro to weight training. Learn proper use of our machines and get yourself started on a basic weight training plan.

Age: 13 yrs +

Instructor: Courtney

Location: Summerland Aquatic & Fitness Centre

	Cost \$8 per Orientation	
Sun, Sep 20	1:00pm-2:15pm	17972
Mon, Oct 5	5:00pm-6:15pm	17973
Sun, Nov 15	1:00pm-2:15pm	17974

Senior Weight Room Orientation

Join Andi, our expert older adult trainer in the Summerland Fitness room to learn the basics. This class will introduce you to proper use of our machines and the basics of getting started on your weight training journey.

Age: 65 yrs +

Instructor: Andi

Location: Summerland Aquatic & Fitness Centre

	Cost \$8 per Orientation	
Tue, Oct 6	8:30am-9:30am	18045
Tue, Nov 3	8:30am-9:30am	18046
Tue, Dec 1	8:30am-9:30am	18047



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.