

Fitness Centre Schedule: Mar 30-Aug 21

CLOSED APR 3-6, MAY 18, JULY 1, AUG 3. ANNUAL MAINTENANCE CLOSURE AUG 22-SEPT 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
- 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.

CLOSED
APR 3-6,
MAY 18, JULY 1,
AUG 3, &
AUG 24- SEP 8

FITNESS CENTRE HOURS

Fitness Centre Spring Schedule

MAR 30-JUNE 28

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

Summer Schedule

JUNE 29-AUG 21

Mon-Fri 6:30am-6:00pm
Sat & Sun Closed

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: Aquatic & Fitness Centre

Apr 12 Sun 1:00pm-2:30pm \$8.00 17296
Apr 20 Mon 5:00pm-6:30pm \$8.00 17297

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, Mar 24 8:30am-9:30am 17382
Tue, Apr 14 8:30am-9:30am 17383
Tue, May 5 8:30am-9:30am 17384
Tue, Jun 2 8:30am-9:30am 17385



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.