



- More than 25 cardio machines
- Free weights
- Weight training programs
- A variety of pass options
- APEX weight stations
- Consultations
- Locker rentals available

#### EQUIPMENT INCLUDES:

- 2 stair climbers
- 5 recumbent
- 3 upright bicycles
- 6 treadmills
- 2 Concept II rowing
- 5 cross trainers
- Free weights
- 5 to 100 lb. dumbbells
- Variety of benches
- Bench press
- AB toner
- Assorted fit balls and body bars

#### APEX STATIONS:

- Leg press
- Leg extension
- Leg curl
- Back extension
- Shoulder press
- Tricep press
- Cable crossover
- Inner / outer thigh
- Verticle Row
- Pec Dec
- Power rack
- Lat pulldown
- Total hip
- Vertical bench

#### AGE RESTRICTIONS:

- 16 Years and Over — Unsupervised access (proof of age may be requested).
- 12 to 15 Years — Require \*DIRECT SUPERVISION by an adult and one of the following:
  - Fitness Studio Basic Consultation
  - Teen Fitness program or AIT (Athletes in Training)
- Under 12 Years — No access to the Fitness Studio

\* DEFINITION OF DIRECT SUPERVISION: The adult supervisor must be 19 years of age or older and must be aware of what the youth is doing in the fitness studio at all times. The adult is responsible for the safety of the youth and any damages incurred due to incorrect use of the equipment. Ratio of one adult supervisor to two youths.

## THE FITNESS STUDIO WILL BE CLOSED FOR CIRCUIT TRAINING ON TUESDAYS AND THURSDAYS FROM 9 A.M. TO 10 A.M. JULY 6 TO 29 INCLUSIVE.

### Fees

AS OF JULY 1ST, ALL PRICES INCLUDING  
DROP-INS WILL BE SUBJECT TO HST

	ADULT	SENIOR	STUDENT
Drop In	\$4	\$3	\$3
Punch Card (10 Drop-ins)	\$36	\$27	\$27

### MONTHLY PASSES

1 month	\$50	\$50	\$50
3 months	\$100	\$70	\$70
6 months	\$165	\$115	\$115
12 months	\$260	\$166	\$166
Family Pass (12 months)			\$550

SENIORS: 60 years and over

STUDENTS: Up to 25 years and must be registered  
full-time in university/college

## Consultations

### ORIENTATION

\$31.50 + HST

Book a 45-minute session with one of our personal trainers and we will take you through the Apex weight training and cardio machines. Please note that this is an orientation to the equipment only.

### BASIC CONSULTATION

\$63.00 + HST

Looking to start a new fitness program and want guidance on safety and exercise technique? Our qualified instructor will help you design a new program or modify an existing one. This consultation is designed for those without special needs, such as cardiac or injury rehabilitation concerns. Please allow for 1.5 hours.

### SPECIALIZED CONSULTATION

\$84.00 + HST

This consultation is designed for anyone who has specific fitness needs or health concerns and requires a more specialized program and instruction. If you are at risk of heart disease, need injury rehabilitation, sport-specific training or any other medical need, then this consultation is for you. Our trainer will guide you through a program tailored to meet your individual needs. Please allow 2 hours.

### FOLLOW-UP

\$63.00 + HST

This session is for those who have had either a basic or specialized consultation and need a refresher or wish to have their program adjusted by one of our trainers. Please allow for 1.5 hours.

*“The National Institute of Health (NIH) recommends that adults get 30 minutes of moderate aerobic activity a day, with 2-3 sessions of weight bearing exercise a week.*

*Metabolism slows by as much as 10% per decade, so as we age our bodies lose much of their ability to burn calories.*

*Weight gain may be inevitable in midlife unless we add weight-bearing exercise and build muscle.”*