

Lifestyles Centre

Age: 16 yrs +

Beginner Equipment Orientations

If you are new to fitness or exercise machines this is for you! Members will be shown the basics on our strength training and cardiovascular equipment. These orientation sessions have you on the equipment trying things out- come prepared to exercise! Members will be given a program with the knowledge of how to set the machine to their specific needs. Please contact the Lifestyle centre to book your orientation today! 748-9642 x 251

Mondays	8:00-9:00 am	4:00-5:00 pm
Tuesdays	9:00-10:00 am	8:00-9:00 pm
Wednesdays	6:30-7:30 am	7:00-8:00 pm
Thursdays	12:00-1:00 pm	6:00-7:00 pm
Fridays	10:00-11:00 am	
Saturdays	9:30-10:30 am	

Personal Exercise Programs

If you are familiar with the fitness scene, and are looking for a specific program to meet your goals- this is for you! Have one of our talented staff develop a personalized exercise program based on your goals and fitness level. These one-hour sessions are available for those who want to advance their current program, or who need a little guidance with free weights or cable machines. One program included with membership! Please contact the Lifestyle centre to book yours today! 748-9642 x251.

Personal Training

Have you hit a plateau in your program? Having trouble losing those last few pounds? Do you need someone to give you that extra push? Our qualified personal training staff will provide you with an exercise program that is tailored to your specific needs and goals. Our motivational trainers will help you achieve your fitness goals. Please refer to the staff biographies at the sales desk or in the Lifestyle Centre to help choose your trainer.

60 minute sessions

Members:	1-5 sessions \$42.00/ session
	6-10 sessions: \$35.00/ session
Non-Members	\$60.00/ session

BUY 10 Personal Training Sessions and Receive 1 FREE!!

Group Training (60 minute sessions)

Training of 2 or more individuals at the same time	
1-5 sessions	\$25.00/ person/ session
6-10 sessions	\$20.00/ person/ session

BUY 10 Personal Training Sessions and Receive 1 FREE!!

35 Minute Personal Training Sessions!!!

Exclusive to Members	
These sessions are usually higher intensity: intermediate/ advanced level	
1-5 sessions	\$25.00/ session
6-10 sessions	\$20.00/ session

BUY 10 Personal Training Sessions and Receive 1 FREE!!

Remember the Lifestyle Centre staff are available every day to answer your exercise questions.

Nutritional Counseling

Regular physical activity and sensible eating habits are crucial when attempting to lose weight or maintaining proper body weight. Make an appointment today with one of our certified nutrition specialists. Our specialists will develop a personal plan for both adults and youth to help achieve your goals.

Members: 1-5 sessions	\$42.00/ hour
6-10 sessions	\$35.00/ hour
Non-members:	\$60.00/ hour

Register for Nutritional Counseling and Personal Training!

1 hour Personal training & 1 hour Nutritional Counseling

Members \$60.00/ session Non-members \$80.00/ session

Pick up one of our Personal Training and Nutritional Counseling brochures at the front desk!



DROP-IN FITNESS CLASSES

* A higher intensity class

Group Cycling

Cyclefit – 45 minutes

An exciting and high energy group fitness class performed on stationary bicycles. The instructor will lead you through cycling drills using musical cues that will challenge your body and your mind. Beginner and advanced options provided- all levels welcome!

NEW Outdoor Cyclefit – 45 minutes

Monday evening we will be offering an outdoor cyclefit class (weather permitting) outside of our main entrance. On rain days this class will run in the multi-purpose room.

Please pick up a tag at the sales desk up to 30 minutes before class time. Limited Space.

Core/Stability

Core Control – 30 minutes

A short and intense muscle conditioning class to strengthen your core stabilizer muscles (abs and back) to improve posture and balance.

Get on the Ball – 45 minutes

Challenge your core muscles while improving balance, posture, body awareness and coordination. This is a total body workout that integrates traditional muscle conditioning exercises using bands and hand weights with the stability ball.

NEW Strength - 55 minutes

An amazing combination of core stability, balancing, yoga, pilates and traditional strength training exercises for a complete body workout! Light weights and body weight are used in stationary and slow movements to create lean, toned muscle loaded with endurance. Great for all levels of fitness.

Check it out!