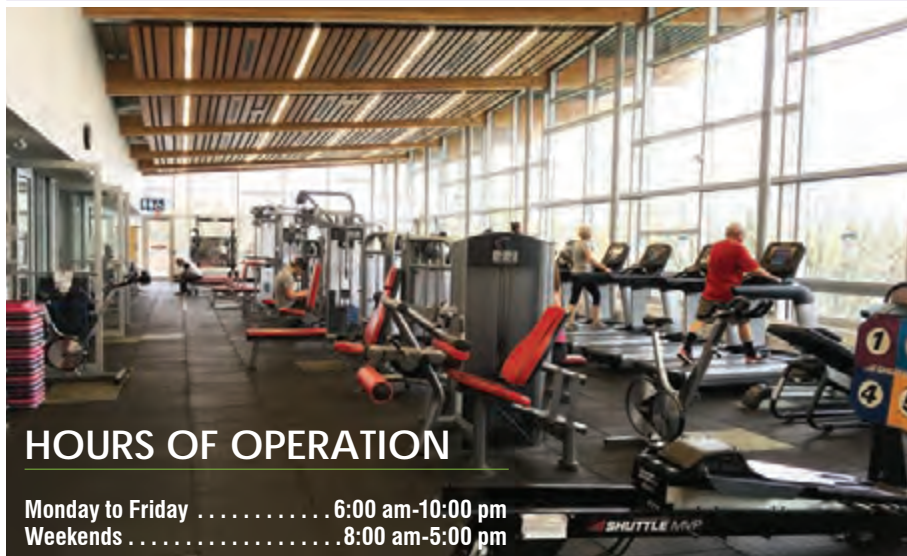


TROUT LAKE FITNESS CENTRE



HOURS OF OPERATION

Monday to Friday 6:00 am-10:00 pm
Weekends 8:00 am-5:00 pm

Your hub for Community Fitness

Fitness Centre Consultations

Let us help you reach your fitness goals. Whether you need instruction, motivation, or support; our highly trained staff are here to help you succeed. Enlist one of our staff to get you started with an introductory fitness program. Please call ahead 604-257-6975 or come in person to make an appointment for a fitness consultation. Participants under the age of 18 must fill out a par q+ form and have consent and release form signed by their parent or guardian.

RATES & FEES

	Adults (19-64)	Seniors (65+) Youth (13-18)
Drop-in	\$6.30	\$4.50
10 Visit Pass	\$50.20	\$35.90
See vancouver.ca/parks-recreation for more info. Fees include GST.		

The Flexipass Membership

Enjoy flexible and affordable recreation with our no contract all access pass. Purchase a monthly Flexipass at any Park Board fitness centre and receive unlimited access to our 15 fitness centres, 9 indoor pools, 4 outdoor pools and 8 ice rinks. For more information and locations, visit vancouverparks.ca.

	Monthly Flexipass Adult	Seniors/Youth
1 month	\$48.50	\$33.95
3 months	\$128.60	\$90.00
12 months	\$409.85	\$286.90
See vancouver.ca/parks-recreation for more info. Fees include GST.		

PERSONAL TRAINING

Improve your health and wellness with support from our qualified and experienced personal trainers. Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate and support you in each 1 hour session.

Try out our new small group personal training and enjoy the same intimate coaching experience as a personal training session but at a reduced cost. A small group can include you and 2-3 of your friends/family members which can be very powerful in helping you stay on track when trying to attain your fitness goals.

Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition!

Child Care
Go to page 8 for detailed information

Our Fitness Centre includes:

- 5 Treadmills
- 3 Cross Trainers
- 2 Recumbent Bikes
- 2 Upright Bikes
- 2 Conc-E Rowers
- 2 Cybex Arc Trainers
- 20 Keiser M3 Bikes
- 1 Cable Motion Adjustable Pulley
- 1 Seated Leg Curl
- 1 Assisted Dip/chin
- 1 Row/Rear Delt
- 1 Cable Motion Shoulder Press
- 1 Cable Motion Chest Press
- 1 Pec Fly/Rear Deltoid
- 1 Cable Motion Row
- 1 Cable Motion Pull Down
- 2 Hammer Strength Half Racks
- Free Weights
- 1 Smith Machine
- 1 Back Extension
- 3 Kinesis Machines
- 2 FLEXibility stretching machines
- 1 Shuttle MVP Pro
- Training Room
- Steam Room

GROUP PERSONAL TRAINING

FOR AS LOW AS \$20 PER SESSION*


Try out our new small group personal training and enjoy the same intimate coaching experience as a personal training session but at a reduced cost. A small group can include you and 2-3 of your friends/family members which can be very powerful in helping you stay on track when trying to attain your fitness goals. Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition! *Individual cost based on the purchase of 10 sessions for a group of 4.

(Includes GST)	Private	Semi-Private	Small Group
1 session	\$52.22	\$78.29	\$114.24
3 sessions	\$140.52	\$210.83	\$306.00
5 sessions	\$234.98	\$365.84	\$448.80
10 sessions	\$433.50	\$678.75	\$816.00

INDOOR CYCLING

April 1-June 30, 2017

Indoor cycling is a motivating exercise class that uses high-performance Keiser indoor cycling- bicycles to burn calories, build muscle, and relieve stress.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am-7:00am Cycle Xpress <i>*no class Apr 17 & May 22</i>			6:15am-7:00am Cycle Xpress		8:15am-9:15am Intro to Cycling	
9:30am-10:30am Cycle Fit	9:30am-10:30am Cycle Core	9:30am-10:30am Cycle Fit	9:30am-10:30am Cycle Core	9:30am-10:30am Cycle Fit	9:30am-10:30am Cycle Fit	9:30am-10:30am Cycle Fit
6:00pm-7:00pm Cycle Core	6:00pm-7:00pm Cycle Fit	6:00pm-7:00pm Cycle Core	6:00pm-7:00pm Cycle Fit	6:00pm-7:00pm Cycle Fit <i>*No class Apr 14 & May 19th</i>		

Schedule is subject to change. Please call 604-257-6955 (4) to confirm or visit <http://vancouver.ca/parks-recreation-culture/indoor-cycling.aspx>

Intro to Cycling

This class is designed to introduce new participants to indoor cycling. This session includes instruction on how to set up your bike properly with 45 minutes of riding and a question and answer period at the end of the class.

Cycle Fit

60 minutes of indoor riding with a longer warm up and cool down.

Cycle Core

45 minutes of cycling, including the warm-up, followed by 15 minute of core training (abs and back) and stretching.

Cycle Xpress

45 minutes of riding with quick warm & cool down

TWO WAYS TO RESERVE YOUR SEAT

Register for your favourite class for the whole season or call ahead and reserve your spot on a drop in basis.

Seasonal Registration Procedures: Register for your favourite class. There will be 12 of 25 bikes available to reserve. If you arrive late without calling ahead your spot may be given to someone on the drop in wait list. Refund requests must be submitted within 24 hours of the completion of the 2nd scheduled class. No other refund requests will be considered without a doctor's note. You may only take the class you are registered in and classes are not transferable to another person. **Registration ends March 31, 2017**

Whole Season

*registered classes include GST

Drop in

Monday: * no 6:15am class on Apr 17 and May 22.

- 6:15am Cycle Xpress
#109012 Apr 3-Jun 26 \$55.22/ 11 sessions
- 9:30am Cycle Fit
#109004 Apr 3-Jun 26 \$65.26/13 sessions
- 6:00pm Cycle Core
#109000 Apr 3-Jun 26 \$65.26/13 sessions

- Tuesday:**
- 9:30am Cycle Core
#109002 Apr 4-Jun 27 \$65.26/13 sessions
- 6:00pm Cycle Fit
#109009 Apr 4-Jun 27 \$65.26/13 sessions

- Wednesday:**
- 9:30am Cycle Fit
#109005 Apr 5-Jun 28 \$65.26/13 sessions
- 6:00pm Cycle Core
#109001 Apr 5-Jun 28 \$65.26/13 sessions

- Thursday:**
- 6:15am Cycle Xpress
#109013 Apr 6-Jun 29 \$65.26/ 13 sessions
- 9:30am Cycle Core
#109003 Apr 6-Jun 29 \$65.26/ 13 sessions
- 6:00pm Cycle Fit
#109010 Apr 6-Jun 29 \$65.26/ 13 sessions

- Friday:** *No 6pm class on Apr 14 and May 19
- 9:30am Cycle Fit
#109006 Apr 7 - Jun 30 \$65.26/ 13 sessions
- 6:00pm Cycle Fit
#109011 Apr 7-Jun 30 \$55.22/11 sessions

- Saturday:**
- 9:30am Cycle Fit
#109007 Apr 1-Jun 24 \$65.26/ 13 sessions
- Sunday:**
- 9:30am Cycle Fit
#109008 Apr 2-Jun 25 \$65.26/ 13 sessions

\$6.30 for drop in or \$50.20 for 10 ticket* pass.

Drop in Reservation Procedures

1. Call 604.257.6955 (push #4) to reserve bike. Spots may not be reserved via voicemail.
2. Calls can be made 6:30am to 8:30pm Monday to Friday 8:00am to 3:30pm Saturday and Sunday.
3. Afternoon and evening classes call the day of by 6:30am.
4. Check in at the front desk 5 minutes prior to your class start time.
5. If you have not checked in 5 minutes prior to your class, your spot will be given away.
6. You may reserve a bike for you and one other person.
7. All paid participants will receive a wrist tag that they must give to the instructor just before the start of the class.

*10 tickets may be used for all indoor cycling classes at Champlaine, Creekside, Dunbar, Hillcrest, Kitsilano, Trout Lake and the West End