



## FEES

### INDIVIDUAL ADULT

10 VISIT PUNCH PASS (3 MONTH EXPIRY)	\$ 38.00
1 MONTH	\$ 45.00
3 MONTHS	\$ 120.00
6 MONTHS	\$ 205.00
1 YEAR	\$ 320.00

### INDIVIDUAL STUDENT (16+) OR SENIOR (55+)

10 VISIT PUNCH PASS (3 MONTH EXPIRY)	\$ 28.50
1 MONTH	\$ 33.75
3 MONTHS	\$ 90.00
6 MONTHS	\$ 153.75
1 YEAR	\$ 240.00

### FAMILY RATE \*

(2 adults + 2 youth [16+] living in same household)

3 MONTHS	\$180.00
6 MONTHS	\$307.50
1 YEAR	\$480.00

\*Fees based on 2 adults with a 25% discount



## QUICK EQUIPMENT CHECKLIST

- TREADMILLS
- EXERCISE BIKES
- ELLIPTICAL MACHINES
- JONES MACHINE
- APEX FUNCTIONAL TRAINER
- 7 STATION MULTI-GYM
- DUMBBELLS
- BARBELLS
- EXERCISE BALLS
- ROPES
- MATS; BENCHES
- FLOOR-LENGTH/WALL WIDTH MIRROR
- LOCKERS



## HOURS OF OPERATION

MON. – FRI. 7:00 a.m. – 9:00 p.m.  
 SAT. – SUN. 8:30 a.m. – 5:00 p.m.



GORDON R. SNOW COMMUNITY CENTRE

## WEIGHT ROOM



## WANT A MORE SOCIAL WAY TO WORK OUT?

Come to the Gordon R. Snow Community Centre's Co-ed Weight Room! Located at 1359 Fall River Road, our Weight Room's location provides parents with no excuse to avoid their goals of working out! While your child attends their recreation program, walk down the hall to exercise! Students will also find the local gym's location convenient; a five minute walk from Lockview High provides easy-access at lunchtime, or during a free period. Parents and teens alike will benefit from the relaxed atmosphere, trained staff, and easy to use machines:



**Cybex Treadmills:** "Science that captures the art of running." Too much traffic, too much snow, too many hills, too many excuses. Use the treadmills to burn those lousy excuses and calories.

**Cybex Exercise Bikes:** "Science creating the challenge of cycling." Stationary bikes provide members with a no-fail option to a regular bike, while being a no-fall option as well.

**Cybex Arc Trainers:** "Science behind the power of cross-training." Combining a stepper and an elliptical machine, the Arc Trainer offers the same movements of both, while avoiding all the joint strains.

**Jones Machine:** "Provides the extreme versatility of a Power Rack and the safety of a Smith." The Jones machine easily locks into front, middle and rear positions, and is simple to use for both males and females.



**Apex Functional Trainer :** "Saving space by doing more." The trainer challenges the stabilizer muscles, never restraining the range of motion, and incorporates multi-plane movement.

**7 Station Multi-Gym:** "Science that sculpts the human body." This multi-gym includes a pressing station, low swivel pulley, detachable bench, leg station, and a lat. pulldown. In each, stability and comfort is evident and adjustments are easy.

**Weights:** Dumbbells, barbells, and kettlebells provide a variety of different movements, unparalleled by those of the machines.

The weight room also includes:

**Exercise Balls, Medicine Balls, Ropes, Mats, and Benches.** A **floor length mirror** provides members with an easy view to check form and stability. **Lockers** provide a safe place to store your belongings while you work out.

\*All new members must attend an orientation session with a weight room staff person before using this facility.



Contact us at:

860-4570

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B2T 1E5

