

Free Exercise Room Orientations

Our exercise room is an unsupervised facility; we provide orientations on the use and safety of the equipment. If you have any questions about your current fitness program, or need some getting started, please book a 30 minute appointment with one of our Fitness Attendants. They are available on Mondays and Thursdays from 5:30-9:00 pm. Appointments can be made by calling 604-257-8100.

Youth Use

For those 13-18 years of age, please pick up a form at the front office and return it with parental consent and an indication that an orientation has been completed. Please see Orientations for available times.

Exercise Room Hours

Monday-Friday	6:00am-9:30pm
Saturday	7:00am-6:30pm
Sunday	9:00am-4:30pm



Personal Training

Our certified trainers will customize a program for you and lead you through a series of workouts. Trainers are perfect for starting out in a fitness centre, adding variety to your program, rehabilitating from an injury or improving sport specific athletic performance. To get started, please complete our Personal Training Request Form which is located at the main centre office or on-line at www.kerrisdalecc.com

Check out our Personal Trainer bios in the Community Centre or on our website. Once forms are completed, a Programmer will contact you to get started!



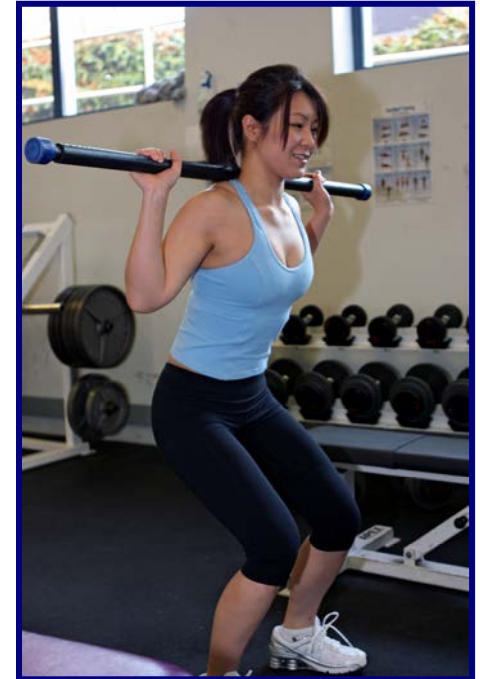
Personal Training Packages

\$137.50 sessions for 1 person
\$412.50/10 sessions for 1 person
\$88/person/ 3 sessions for 2 people
\$291.50/person/10 sessions for 2 people

Personal training packages include your admission to the exercise room during your sessions, PLUS entitle you to a 10% discount on 3, 6, or 12 month adult passes.

Exercise Room Information

get into
Fitness



Kerrisdale Community Centre

5851 West Boulevard,

Vancouver, B.C

604-257-8100

www.kerrisdalecc.com

Membership Required

Kerrisdale Community Centre Society requires **all users** of the Centre to purchase a Community Centre membership.

Membership costs help keep our program and drop in prices low! Membership costs are as follows:

Adult (19 – 64 yrs)	\$13
Youth (0 – 18 yrs)	\$9
Seniors (65 yrs+)	\$8
Family**	\$20

***Family is defined as a household with two (2) parents & children (under 18 years of age) living in the same home address.*

Lowest Price in the City Exercise Room Rates

	Adult	Youth & Seniors
1 month	\$30.00	\$23.00
3 month	\$65.00	\$49.00
6 month	\$120.00	\$90.00
1 year	\$190.00	\$144.00
10 tickets	\$25.00	
Drop - In	\$3.00	

\$2 replacement fee on lost or stolen cards

Exercise Room

Our Exercise Room features many machines to help keep your fitness goals:

- Stair Climbers
- Treadmills
- Rowing Machine
- Summit Trainer
- Elliptical & Cross Trainers
- Upright & Recumbent Bikes
- Single Station Weight Equipment
- Free Weights
- Squat Racks
- Cable Pulley Machine
- Dipping Belt
- Wheelchair Access
- T.V.'s



Core & Stretch Room

Come and check out our core and stretch room, which is located on the bottom floor next to the exercise room.

The equipment in this room includes:

- Large mat area
- Medicine balls
- Stretching bar apparatus
- Light dumbbells
- Bosu
- Kettle bells
- Exercise balls and Tubes

Exercise Room Etiquette

These guidelines ensure you have a safe comfortable and enjoyable workout:

- All patrons must sign in at the front office and obtain a sticker that must be worn at all times during workout
- Proper apparel is required including a shirt and athletic shoes (no jeans or sandals)
- Share space and equipment and be courteous to others
- Follow cardio sign-up procedures (30 mins max)
- Wipe down equipment after use
- Return weights and portable equipment to the designated place
- Picture taking and cell phone use is prohibited
- Food and beverages are prohibited (except water)
- Refrain from using strong scents like perfume or cologne
- Infants, toddlers and children are not permitted in the exercise room