

False Creek Community Centre Association Fitness Centre Schedule

1318 Cartwright Street (on Granville Island)

Phone: 604-257-8195

Email: falsecreekcc@vancouver.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am to 9:30 pm	6:30am to 9:30 pm	6:30am to 9:30 pm	6:30am to 9:30 pm	6:30am to 9:30 pm	9:00am to 4:00pm	9:00am to 4:00pm

*Limited hours on Statutory Holidays

FEATURES / SERVICES

- ◆ Wheelchair accessible ◆

CARDIO EQUIPMENT

- ◆ Life Fitness Treadmills (2) ◆ Life Fitness Cross-Trainers (2) ◆ Precor Elliptical Trainer ◆
- ◆ Life Fitness Recumbent Bikes (2) ◆ Le Mond Spinning Bikes (2) ◆ Concept 2 Rowing Machine ◆
- ◆ Stairmaster Stairclimber ◆

WEIGHT TRAINING EQUIPMENT

- ◆ Circuit set up, single station selectorized weight equipment ◆
- ◆ Cybex VR2; leg extension, seated leg curl, seated leg press, shoulder press, seated chest press, seated row, incline hyper extension, seated calf, seated preacher curl ◆
- ◆ Nautilus Nitro; abdominal, low back, hip abductor/adductor machines ◆
- ◆ Atlantis; pec/rear delt fly, functional cable training system, tricep bench and Smith machine ◆
- ◆ Life Fitness; cable column, dual pulley lat pulldown ◆
- ◆ Stairmaster; assisted chin/dip ◆
- ◆ Olympic plates, dumbbells, adjustable benches ◆

2011 Fees	Adult	Youth / Senior
Drop-in	\$4.25	\$3.00
10-visit Swipe	\$40	\$25
20-visit Swipe	\$75	\$50
3 Month Pass	\$115	\$80
6 Month Pass	\$195	\$140
1 Year Pass	\$350	\$260

False Creek Community Centre is jointly operated by the False Creek Community Association and the Vancouver Board of Parks and Recreation.

For more information please visit vancouverparks.ca