

# Hastings Community Centre Fitness Centre Schedule 2011

3096 East Hastings Street (at Lillooet Street)  
Fitness Centre: 604.718.6235 Office: 604.718.6222

~ Spring ~  
April 1 - June 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am to 9:45pm	6:00am to 9:45pm	6:00am to 9:45pm	6:00am to 9:45pm	6:00am to 9:45pm	9:00am to 4:45 pm	10:00am to 2:00 pm

~ Summer ~  
July 2 to September 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am to 9:45pm	6:00am to 9:45pm	6:00am to 9:45pm	6:00am to 9:45pm	July 8-Aug 19 6:00am to 7:45pm	9:00am to 12:45 pm	CLOSED

During the week of **Aug 22-27** and also on Saturday afternoons, Sundays and Fri Sep 2 patrons with Fitness Centre passes will be able to use their pass at Templeton Park Pool and Fitness Centre and Renfrew Fitness Centre (beginning July 9). If patrons wish, they may instead turn their passes in prior to our week-long closure and then receive a one-week extension.

Aug 26, Sep 2

6:00am to 4:45pm

**Aug 22-27** The Weight Room will be **CLOSED** for painting, The Cardio Room will remain open during this time.

~ Fall ~  
September 6 to December 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am to 9:45pm	6:00am to 9:45pm	6:00am to 9:45pm	6:00am to 9:45pm	6:00am to 9:45pm	9:00am to 4:45 pm	10:00am to 2:00 pm

### Fitness Attendants on Duty

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>A M</b>	6:00-10:00	6:00-10:00	6:00-10:00	6:00-10:00	6:00-10:00		
<b>P M</b>	5:00-9:45	5:30-9:45	5:00-9:45	5:30-9:45			

**EQUIPMENT:** Apex Machines, Large selection of Free Weights, Physio Balls, Medicine Balls, Body Bars, Bosu Balls & Balance Boards, Hammer Strength Iso-Lateral Shoulder Press, Hammer Strength Iso-Lateral Chest/Back, Life Fitness Hip & Glute Machine Cardio Room, 2 Concept Rowing Machines, 4 Ellipticals, Computerized Bikes, 4 Treadmills, Fitness Summit Trainer, 2 bikes and 1 treadmill with touch screen activation & tons of fun and helpful features.

**PERSONAL TRAINING:** Improve your health, increase endurance, strength and overall body composition? A personal trainer can assist you step by step specifically to your fitness level and goals. Cannot be combined with student, senior or LAC discounted rates. By appointment during supervised hours only. To book an appointment, call the Fitness Centre at 604.718.6235. Leave a message and a fitness consultant will contact you. 60 minute Single Session \$34 or 10 prepaid sessions: \$224

**FRIENDS IN TRAINING:** Group support can be a great motivational tool to help you achieve your health and fitness goal. Come with a friend and train for an hour with a personal trainer who will monitor and enhance your training. \$44.75 for 2 people

**YOUTH ORIENTATION:** Youth between the ages of 13-16, can access the fitness centre only after the following criteria has been met: 1. Submit a signed parental permission form. 2. Book and attend a free orientation with one of our on duty fitness attendants. To find out further information or to pick up forms, stop by the front office.

**OUTSIDE PERSONAL TRAINERS:** Outside trainers welcome here. Registration with Hastings Community Centre is required. Please call for more details. Trainer fee is \$6 in addition to admission and client's admission.

Fees include HST		
Fees	Adult	*Youth/Student/Senior
Drop-in	\$4.50	\$4.50
1 Month Pass	\$44.75	\$22.50
3 Month Pass	\$89.50	\$44.75
1 Year Pass	\$274.75	\$137.25
* Students must show proof of full-time student status (currently attending 3 or more courses). Youth / Seniors must show proof of age. All participants must purchase an annual Hastings Community Association membership.		

Hastings Community Centre is jointly operated by the Hastings Community Association and the Vancouver Board of Parks and Recreation. For more information please call 604-718-6222.

The Hastings Fitness Centre is operated by the Hastings Community Association, and not the Park Board, therefore we do not accept Park Board Flexipasses or strip tickets for admission. LAC cards are accepted for monthly pass discounts only.

Dual Pass Discount: Purchase a regularly priced Fitness Centre Pass and receive a 75% discount on an Aerobics Pass of the same value.