

Lord Byng Pool Fitness Centre Schedule

3990 West 14th Avenue (at Crown Street)

Phone: 604-222-6090

Email: lordbyng@vancouver.ca



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am to 10:00pm	6:00am to 9:00pm	6:00am to 10:00pm	6:00am to 9:00pm	6:00am to 10:00pm	9:00am to 5:00pm	10:00am to 5:00pm

FEATURES / SERVICES

- ◆ Wheelchair accessible ◆
- ◆ Sauna ◆ Whirlpool ◆

EQUIPMENT

- ◆ Cardio equipment ◆
- ◆ Leg Press ◆ Lat Pulldown ◆
- ◆ Vertical Bench ◆ Seated Row ◆ Shoulder Press ◆
- ◆ Leg Extension/Curl ◆ Chin/Dip ◆ Adjustable Cable Pulley ◆
- ◆ Double Cable Pulley ◆ Back Extension ◆ Adjustable Bench ◆
- ◆ Free Weights ◆
- ◆ Wobble Board ◆

2012 Fees and Charges (does not include HST)	Drop in (single)	10- visit card	Flexipasses				
			1 month	3 months	4 months	6 months	12 months
Adult (19-64 yrs)	\$5.36	\$42.86	\$43.75	\$114.29	\$144.64	\$197.32	\$357.14
Youth (13-18 yrs)	\$3.79	\$30.36	\$30.36	\$80.36	\$100.89	\$138.39	\$350.00
Senior (65+)	\$3.79	\$30.36	\$30.36	\$80.36	\$100.89	\$138.39	\$250.00



The Vancouver Board of Parks and Recreation maintains 200 parks and 40 major facilities throughout the City of Vancouver. The Park Board's mission is to provide, preserve and advocate for parks and recreation to benefit all people, communities and the environment.

For more information please visit vancouverparks.ca