

Trout Lake Community Centre Fitness Centre Hours

3360 Victoria Drive (at 15th Avenue)
Phone: 604-257-6955
Email: troutlakecc@vancouver.ca



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am to 10:00pm	6:00am to 10:00pm	6:00am to 10:00pm	6:00am to 10:00pm	6:00am to 10:00pm	8:00am to 5:00pm	8:00am to 5:00pm

FEATURES / SERVICES

- ◆ 4500 square foot fitness centre
- ◆ Air conditioned training & indoor cycling room ◆
- ◆ Wheelchair accessible ◆
- ◆ Steam room ◆
- ◆ Our qualified, friendly staff are available for FREE facility orientations and personal training services ◆

Equipment

- 5 LifeFitness treadmills
- 3 LifeFitness cross trainers
- 2 LifeFitness recumbent bikes
- 2 LifeFitness upright bikes
- 2 Cybex Arc Trainers
- 20 Keiser M3 spinning bikes
- 3 Kinesis machines
- 2 FLEXibility stretching machines
- 1 Shuttle MVP Pro
- 1 cable motion dual adjustable pulley
- 1 seated leg curl
- 1 assisted chin/dip
- 1 row/rear deltoid
- 1 cable motion shoulder press
- 1 cable motion chest press
- 1 pec fly/rear deltoid
- 1 cable motion row
- 2 Hammer Strength half racks
- Free weights
- 1 Smith machine
- 1 back extention

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