

Britannia Community Centre Society Fitness Centre Schedule

1661 Napier Street (at Commercial Drive)
Phone: 604-718-5831



January 3, 2012 – March 21, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am to 9:55pm	6:30am to 9:55pm	6:30am to 9:55pm	6:30am to 9:55pm	6:30am to 9:55pm 9:00am to 10:00am (Senior's Only) 9:55pm	9:00am to 12:00pm (Women's Only) 12:00pm to 7:55pm	10:00am to 7:55pm
Free sessions with membership						
	10:00am to 12:00 noon			10:00am to 12:00 noon		

FITNESS CENTRE ORIENTATIONS

Enlist one of our highly-trained staff for a fitness centre orientation. Our staff will show you how to properly and safely use our equipment and recommend exercises. Please call ahead to make an appointment.

WEIGHT ROOM CONSULTATION FOR YOUTH

This consultation is required prior to any youth 13 through 15 years of age accessing the Fitness Centre. Risk and benefits involved in weight training plus proper techniques, general safety and weight room etiquette will be covered. Parental consent form is required.

PERSONAL TRAINING

Our certified trainers will customize a program for you and lead you through a series of workouts. Perfect for starting out in a fitness centre, adding variety to your program, rehabilitating from an injury or improving sport specific athletic performance.

EQUIPMENT

Balance boards, barbells, dumbbells, body balls, elliptical trainers, rowing machines, stair climbers, stationary bikes, spinning bikes, treadmills, recumbent bikes, weight machines, stretching area and training accessories.