

Champlain Heights Community Centre Fitness Centre Schedule

3350 Maquinna Drive (at Champlain Crescent)

Phone: 604-718-6575

Email: champlaincc@vancouver.ca



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am to 10:00 pm	7:00 am to 10:00 pm	7:00 am to 10:00 pm	7:00 am to 10:00 pm	7:00 am to 9:00 pm	8:45 am to 4:00 pm	8:45 am to 4:00 pm

(Closed on all statutory holidays)

EQUIPMENT

balance boards, barbells & dumbbells, body balls, elliptical trainers, rowing machine, stair climbers, stationary bikes, stretching area, treadmills, and weight training machines

FITNESS CENTRE ORIENTATIONS

This is a great way to get started. You'll learn about weight room etiquette, basic equipment, and proper exercise techniques. All for a drop-in cost. Call 604-718-6575 to book an appointment.

WEIGHT ROOM CONSULTATION FOR YOUTH

This consultation is required prior to any youth 13+ 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 personal trainers will motivate and challenge you with focused workouts tailored to meet your personal fitness goals. Call 604-718-6575 to book an appointment.

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