

FITNESS CENTRE



Visit our two level Fitness Centre!

Get started on that active lifestyle in the False Creek Fitness Centre, the best kept secret on Granville Island. Improve or maintain your fitness in our two level centre that features treadmills, crosstrainers, lifecycles, Revmasters (specialized cycles), rowers, specialized rowers, Cybex weight training, Nautilus, cable pulley machines, free weights and a stretch/core room with varied resistance and core training apparatus.

Fitness Orientations

Let our staff assist you in creating a fitness lifestyle for yourself. The Fitness Centre staff are available to provide motivation, answer your fitness training questions and provide complimentary orientations for those of you new to a fitness routine or for those getting back to it. Call 604-257-8195 to book an orientation.

Youth in the Fitness Centre

Youth aged 15-18 years are welcome to use our Fitness Centre provided they complete our Fitness Centre parent/guardian consent form and a scheduled orientation with one of our qualified Fitness Centre staff. Appointment available by phoning 604-257-8195.

Hours

Mon-Fri. 6:30am-9:30pm
 Sat/Sun 9:00am-4:00pm
 Holiday Hours 9:00am-12:30pm

Admission Fees

	Adult	Senior/Youth
Drop-in Fee . . .	\$4.25	\$.30
10-Visit Swipe . .	\$40.00	\$25.00
20-Visit Swipe . .	\$75.00	\$50.00
3-Month Pass . . .	\$115.00	\$ 80.00
6-Month Pass . . .	\$195.00	\$140.00
1-Year Pass	\$350.00	\$260.00

Personal Training Programs

Our Fitness professionals work with you to identify goals, customize a specific program and maximize the benefits of your training routine .

Personal Training Packages include the option of 1, 3, 5 or 10 session package or the option to 'Train with a Friend'. Individual sessions are 1 hour and 2 person sessions are 1.25 hours. 16+ yrs

1 person	
1 Session	\$45
3 Sessions	\$125
5 Sessions	\$199
10 Sessions	\$385

Train with a Friend, 2 people/1 trainer	
It's fun ...and economical.	
3 Sessions	\$85 each
5 Sessions	\$125 each
10 Sessions	\$245 each

Moses Bosire

Moses is a qualified fitness trainer with experience working with specialty population. Past experience as an Osteofit instructor provides diversified routines for some of his clients. Moses has supported a number of patrons on their journey to good health and approached fitness with a holistic philosophy.

Jenny Mah

Jenny is a BCRPA Certified Personal Trainer and Osteofit Instructor. Jenny specializes in one on one training for all levels and all ages. Jenny has over 20 years of experience working in the health and fitness industry and approaches each session with genuine care.

Karen Everall

Karen is a Personal Trainer, Pilates instructor, Yoga teacher and holds experience with Pre and Post Natal as well as Third Age fitness. Karen has been in the fitness industry for approximately 20 years and holds a Certificate of Health and Fitness from SFU. Karen can provide a very customized program.

Topher Axness

Topher is BCRPA certified and is finishing off his Bachelor of Human Kinetics and Sports Education at Douglas College. He enjoys snowboarding, tennis, badminton and hiking. He just finished the Canadian Iron Man 2010 and is training for the Boston Marathon.