



KILLARNEY FITNESS CENTRE

What we have to offer...

- ✓ Helpful & Qualified Staff
- ✓ Cybex Weight Training Equipment
- ✓ Lifefitness Elliptical Trainers
- ✓ Lifefitness Treadmills
- ✓ Stairmaster Stairclimber
- ✓ Lifefitness Stairclimber
- ✓ Precor Elliptical Trainer
- ✓ Lifefitness Exercise Bikes
- ✓ Lifefitness Recumbent Bikes
- ✓ Lifefitness Cross Trainers
- ✓ Concept 2 Rowing Machine
- ✓ Olympic Free Weights
- ✓ Dumbbells/Mats & Benches
- ✓ Bosu & Body Balls
- ✓ Body Composition Testing
- ✓ Lifefitness Dual Pulley Station

Assessments, Orientations & Personalized Fitness Programs

Whether using a Drop-in, 11 Visit Card, or using a Killarney Fitness Centre Pass, the services listed below are available to you at no extra cost.

Your membership and admission fee, entitles you to a complimentary orientation to our Fitness Centre. Our certified staff will assist you with the following: proper etiquette, equipment operation and the importance of cardiovascular, strength and flexibility training.

With any Drop-in, Strip ticket or any fitness pass purchased we also offer in-depth personalized programs based on your current physical condition. Lifestyle advice for all age groups is also available. To book appointments call the Fitness Centre at 604-718-8215.

Take a Virtual Tour of our Fitness Centre @ www.killarneycentre.ca

Spring Schedule

April 1-June 30, 2012

*Schedule is subject to change without notice
Statutory Holiday and Seasonal Holiday Hours
see inside cover or call 604-718-8215.*

30 days for \$30!
See page 45 for details

Fitness Centre users before 8:45am weekdays and after 5:00pm on Sundays can purchase drop-in admissions at the Leisure Pool Office.

MONDAY TO THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am-10:00pm	6:30am-8:30pm	8:00am-7:30pm	8:00am-7:30pm

Early Bird Discount: \$1.00 off drop-ins Monday to Friday 6:30 to 8:30am
Reminder: Bands are to be worn on the wrist when in the Fitness Centre.

Fitness Fees

- Rates are subject to change without notice.
- A Killarney Community Centre Membership is recommended for use of the Fitness Centre
- Leisure Access Cards & Vancouver Park Board 10 visit cards are not accepted
- Drop-in fees include Fitness Class use on that day
- Killarney Fitness Centre Passes and 11 visit cards include Fitness Class use
- VPB Flexipass holders can use the Association run Killarney Fitness Centre for a reduced fee
- Killarney Fitness Centre Pass Holders can use the Killarney Pool for a reduced fee

Prices include HST	ADULT	YOUTH*	SENIOR
Drop-in member	\$5.00	\$3.75	\$3.75
Drop-in non-member	\$5.50	N/A	\$4.25
Drop-in Member Fitness Centre & Pool Combo	\$7.20	\$5.95	\$5.95
Drop-in non-member Fitness Centre & Pool Combo	\$7.70	N/A	\$6.45
11 Visit Card	\$49.90	\$34.95	\$34.95
1 Month Pass	\$44.95	\$31.45	\$31.45
3 Month Pass	\$114.55	\$80.20	\$80.20
6 Month Pass	\$216.00	\$150.90	\$150.90
12 Month Pass	\$377.20	\$258.65	\$258.65

There will be a \$2.00 charge for the replacement of lost or stolen fitness passes!!

Note: You must be 15 yrs + to use the Fitness Centre. Exercisers 15-18 years of age must complete a youth waiver (parental permission required) and book then complete an orientation before beginning an exercise program.

Fitness Centre Fees Include Fitness Class Participation