

# Hastings Community Centre Fitness Centre Schedule

3096 East Hastings Street (at Lillooet Street)  
Phone: 604-718-6235

**September to June 30**  
Immediately following Labour Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am to 9:45pm	6:00am to 9:45pm	6:00am to 9:45pm	6:00am to 9:45pm	6:00am to 9:45pm	9:00am to 4:45 pm	10:00 am to 5:45 pm

**July & August**  
Immediately following Canada Day

6:00am to 9:45pm	6:00am to 9:45pm	6:00am to 9:45pm	6:00am to 9:45pm	6:00am to 4:45pm	9:00am to 12:45 pm	CLOSED
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**EQUIPMENT:** 4 Treadmills, Computerized Bikes, 2 Elliptical trainers, 2 Concept 11 Rowing Machines, Summit Trainer, Apex machines, Hammer Strength Shoulder Press & Chest/Back Machine, a huge selection of free weights and physio-balls, balance boards, Bosu balls, music, T.V.

**STAFF SUPERVISION: September to March** Mon - Fri 6 to 10am. Mon - Thu 5 to 9:45pm

**STAFF SUPERVISION: April to August** Mon - Fri 6 to 10am. Mon - Thu 6 to 9:45pm

**HOLIDAY CLOSURES:** Please call 604 718-6222 for holiday schedules.

**ENTRANCE TO BUILDING @ 6am – 9am: Walk south through parking lot, follow the signs posted on the building.**

#### FITNESS CONSULTANTS:

DIANA DOAN: Diploma in Human Kinetics, CSEP certified Personal Trainer, Certified Sports Aider

SCOVIA MAEKO: BCRPA certified Group Fitness Leader, Pilates Instructor and Weight Training Instructor

ROMEO MELE: BCRPA Strength Training, Exercise to Music, Personal Training, Special Core Stretching Certificate, Sports Specific Training Certificate

**PERSONAL TRAINING:** Improve your health, increase endurance, strength and overall body composition? A personal trainer can assist you step by step specifically to your fitness level and goals. Cannot be combined with student, senior or LAC discounted rates. By appointment during supervised hours only.

60 minute Single Session \$32 or 10 prepaid sessions: \$210

**FRIENDS IN TRAINING:** Group support can be a great motivational tool to help you achieve your health and fitness goal. Come with a friend and train for an hour with a personal trainer who will monitor and enhance your training. \$42 for 2 people.

**YOUTH ORIENTATION:** Youth between the ages of 13-16, can access the fitness centre only after the following criteria has been met: 1. Submit a signed parental permission form. 2. Book and attend a free fitness centre orientation with one of our fitness attendants. To find out further information or to pick up forms, stop by the front office.

**To book an appointment call the Fitness Centre at 604-718-6235.  
Leave a message and a fitness consultant will contact you.**

Fees	Adult	*Youth/Student/Senior
Drop-in	\$4.25	\$4.25
1 Month Pass	\$42	\$21
3 Month Pass	\$84	\$42
1 Year Pass	\$257.50	\$128.75
Students must show current student card from acceptable post secondary institution. Youth / Seniors must show proof of age. All participants must purchase an annual Hastings Community Association membership.		

Hastings Community Centre is jointly operated by the Hastings Community Association and the Vancouver Board of Parks and Recreation. For more information please visit [vancouverparks.ca](http://vancouverparks.ca) or [hastingscommunitycentre.ca](http://hastingscommunitycentre.ca)

The Hastings Fitness Centre is operated by the Hastings Community Association, and not the Park Board, therefore we do not accept Park Board Flexipasses or strip tickets for admission. LAC cards are accepted for monthly pass discounts only.

Dual Pass Discount: Purchase a regularly priced Fitness Centre Pass and receive a 75% discount on an Aerobics Pass of the same value.