

ASSET TARGETS

FITNESS: FITNESS CENTRES + OUTDOOR EXERCISE EQUIPMENT



Fitness centres, associated spaces and services are in high demand and should be welcoming, accessible, and barrier-free for everyone.

Fitness centres are in very high demand and either at capacity or exceed capacity. The trend is for increasing sizes of weight rooms and cardio machine areas, as well as more flexible spaces for stretching, body weight exercises, fitness programs and associated services, such as personal training and physiotherapy.

Ten of the total 25 fitness centres in community centres are managed by Community Centre Associations. Community centre fitness centres will need to ensure they differentiate themselves from other providers in the city and continue to provide a low-barrier option that meets the needs of diverse ages and abilities and acts as a gateway to fitness. Demand for outdoor fitness equipment is also increasing, especially by older adults and casual users who want low-cost, easily accessible options to diversify their exercise routines.

Service and Asset Needs

- Consider outdoor fitness equipment during park renewals with the following considerations:
 - Locate in close proximity to path and trail loops and active transportation networks.
 - Locate adjacent to a sports field, ball diamond, track and field facility or community centre to facilitate programming and frequent use by the community.
- Partner with Community Centre Associations to ensure all fitness centres and outdoor equipment are accessible, inclusive, low barrier, and programmable for diverse populations (all ages, vulnerable and underserved).
- Set a minimum size of 8,000 s.f. for all new, renewed or retrofitted fitness centres.

2040 Asset Targets

- Increase the citywide average size of fitness centres to 4,000 s.f. (currently 2,124 s.f.)
- Add one new outdoor fitness location per capital plan.

