

The Town of Whitchurch-Stouffville



Accredited Fitness Appraisal Centre

QUALITY PROGRAMMING BY CERTIFIED PROFESSIONALS

Fitness Centre Hours of Operation

Monday-Thursday 6:00am - 10:00pm
Friday 6:00am - 9:00pm (6:00am - 8:00pm*)
Saturday & Sunday 8:00am - 5:00pm (8:00am - 4:00pm*)
*Summer Hours: June 27 – August 31

Fieldgate Fitness Area

- Fully supervised by Certified Staff
- Exercise program included with all memberships
- StairMaster Treadmills • Lifecycles
- Rowing Machines • Precor Elliptical Trainers
- Cybex Strength Training Equipment • Personal Training

Group Fitness Classes

- Naturally lit studio with sprung wood floor
- Certified instructors
- Classes for all levels, seven days a week
- Low Impact, Step, Muscle Conditioning, Stretch, Kickbox, & more
- Pay as you go or membership available

See Pg. 17

Lifestyle Programs

- Spring and Summer sessions available
- Discounts for members (see page 16 for membership plans)
- Pilates, Yoga, Running Clinics, Exotic Cardio, Triathlon Training, Stroller Fitness, Belly Dance, Tai Chi, Bulge Busters & more!

See Pgs. 18-21

Aquatic Centre

- 25-metre pool • Therapy pool with hydra jets
- Lane swims • Leisure swims • Aquafit classes
- Swim lessons • Water slide

See Pg. 47

Triathlon Training Program

Thinking of trying a triathlon or improving your performance?

Whether you are just starting out or are a seasoned triathlete this program is for you. Group swim sessions with coaching, and group bike and run sessions will be included. The program runs in three segments: winter, spring and summer. Segments will provide a continuum to your training or you can start at any point and be integrated into the program. Meet training partners and increase the comradery in your training.

Phone 905-642-7529 ext. 319 or 328 for details.

Youth (ages 14 & 15) or Parent & Youth Fitness Orientation

This is an excellent program for youth or families interested in starting an active lifestyle. **Youth under 16 must complete the orientation prior to joining the fitness centre.** Diet and nutrition, cardiovascular fitness and muscular strength and toning techniques will be discussed over three scheduled visits. Each visit will be a blend of education and activity to fully orient you to the facility and training principles. Get active with your friends or family. Orientations are scheduled individually or in small groups.

Call the Fitness Centre 905-642-7529 ext 319.

Fee: \$20 Youth or \$30 Parent & Youth

Babysitting

- Enjoy your activities knowing that your children will be supervised in a caring environment right in the building
- Monday, Wednesday, Friday 8:45 am – 12:30 pm
- Tuesday, Thursday 8:45 am – 12:00 pm
- one visit \$4.00 (up to 1 1/2 hours)
- 15 hour pass \$37.00*
- 30 hour pass \$70.00*

*use in 30 minute segments, pay for time you use

Note: There will be NO babysitting during March Break (March 10–14, 2008). Summer babysitting will run Monday, Wednesday and Friday only.

Personal Training

Start today. Train with a Certified Personal Trainer.

- Step up the quality of your workouts
- Use your time efficiently
- Increase motivation
- Schedule appointments at your convenience
- Available for members & non-members
- One-hour or half-hour appointments available

Hour / Half Hour	Members	Non-member
1 Session	\$43/25	\$50/32
5 Pre-paid Sessions	\$200/120	\$240/150
10 Pre-paid Sessions	\$380/230	\$460/280

Phone 905-642-7529 ext. 319 or 328 to get started.

Lebovic Leisure Centre Membership Plans

All prices subject to 5% GST • Prices effective May 1, 2008 • Membership information 905-642-PLAY (7529)

Fitness Membership ♥

- available in 3 month, 6 month or one year terms
- all memberships include an individual program with a complete demonstration
- 6-month or one-year memberships include a fitness appraisal
- short term memberships can be rolled into one year terms
- lane swim, leisure swim and parent & tot swims are included (schedule pages 50 & 51)
- use of outdoor pool in summer is included (schedule pages 51)
- all members receive a discount on many lifestyle programs

Fitness Plus Membership ♥

Includes everything in the FITNESS MEMBERSHIP plus...

- unlimited use of group fitness and aquafit classes
- group fitness schedule is on page 17 and aquafit schedule is on pages 50 & 51

Group Fitness / Aquafit Membership ♥

- available in a one year term
- includes access to all group fitness, aquafit and arthritis aquafit classes
- lane swim, leisure swim and parent & tot swims are included (schedule pages 50 & 51)
- use of outdoor pool in summer is included (schedule page 51)
- group fitness schedule is on page 17 and aquafit schedule is on pages 50 & 51
- all members receive a discount on many lifestyle programs

Aquatic Membership ♥

- available in one year term
- includes unlimited use of lane, leisure and parent & tot swims
- applies to indoor and outdoor pool
- all members receive a discount on many lifestyle programs

Fitness Membership Fee Schedule

FITNESS MEMBERSHIP (14+ years)	3 MONTH	6 MONTH (Includes fitness)	1 YEAR (Includes appraisal)
Student (Proof of fulltime school registration)	\$92	\$138	\$230
Senior (60+)	\$92	\$138	\$230
Adult (18+)	\$138	\$209	\$340
Spouse/Family Member same household, in conjunction with adult membership	\$104	\$158	\$260
Add UNLIMITED Group Fitness/Aquafit Classes	\$30	\$45	\$75
Daily Fitness Pass (fitness centre/pool)	\$9.52 or 5 visits for \$43		

Fitness Appraisal (included in 6-month or 1-year membership): \$50

Group Fitness / Aquafit Membership

Pay As You Go (member benefits not included)

	Per visit	10 visits	20 visits	1 year
Student/Senior	\$4.29	\$38	\$68	\$190
Adult	\$6.19	\$55	\$98	\$285
Spouse/ Family Member				\$213.75

Aquatic Membership

Pay As You Go (member benefits not included)

	Per visit	10 visits	20 visits	1 year
Youth (under 18) Senior (60+)	\$2.38	\$21.50	\$38	\$127
Adult (18+)	\$3.57	\$33	\$58	\$205
Spouse/ Family Member*				\$154
Parent & Tot (under 6)	\$4.76	\$43	\$76	
Family/Group 5 total/2 adults max	\$8.10	\$74	\$130	\$343

*Same household with adult member

Corporate Discounts

Available on all Adult Membership Rates
10% OFF (5-10 members)
20% OFF (11+ members)
 Contact Fitness Supervisor 905-642-7529 ext. 328 for further information on corporate memberships

Gift Cards

Give the Gift of Health & Wellness!
GIFT CARDS AVAILABLE
 to use for ALL Programs & Memberships

Spring Special

4 MONTHS FOR THE PRICE OF 3
 on ALL
Fitness or Fitness Plus Memberships
 Get fit or keep fit over the summer.
 Available April 14 to May 18