



Riverside Fitness Centre

Clearwater Plaza – 58-F Young Road **250 674-0001**



Hours of Operation

Open **365 days per year - 5 am to 11 pm** (no closures) – Electronic FOB key required by member- \$30
New sign ups are by appointment only: **call/text 250 674-0001 or email info@riveradventures.ca**

Membership Options

Membership Enrolment Fee & Training Consultation **\$69.99**

A membership fee is required on all memberships and includes a one-hour consultation with a certified weight trainer. This enrolment fee is your assurance that this facility will maintain its high standards.

\$49.99 /month (6 month minimum)

PRE-AUTHORIZED MONTHLY DEBIT is available for all our members. Monthly dues can be automatically debited from member's chequing or a savings account every month through a secured automated banking service at no extra cost.

Weight Training Consultations

Improve your weight training and cardio routine with a series of one-on-one sessions with a BCPRA certified personal trainer. These individualized sessions will provide you with the knowledge, guidance and encouragement to help you meet your fitness goals in a realistic timeframe.

Fees are \$30.00/hour or 4 hours of sessions for \$99.99

Riverside Also Offers

- Top of the line Commercial Fitness Equipment
- Strength machines
- Free weights
- Pulley & Cable systems
- Olympic Power Rack
- Cross-trainers, Treadmills, rowing and bikes with individual cable TV screens
- All equipment supplied by Life Fitness & Hammer Strength International
- Certified weight trainers (BCRPA) to help you reach individual goals
- Relaxing Massage Therapy and Physio on site
- River Rafting in Wells Gray Park

Personal Training Sessions available on site throughout the year!

Short Term Options

\$12/drop-in \$34.99/single week \$68.99/ single month 3 month pass: \$169.99
In order to access the gym a FOB Key costing \$30 is necessary (\$20 upon returning it).
We recommend guests to keep FOB if considering later gym use (easy, no reactivation fee).