



Riverside Fitness Centre

Clearwater Plaza – 58-F Young Rd **Call/Text:250 674-0001**



Hours of Operation

Open **365 days per year - 5 am to 11 pm** (no closures) – Electronic FOB key required by all - \$30
New sign ups 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 new memberships and includes an hour consultation with a certified weight trainer. This fee is paid at the start of a membership. This enrolment is your assurance this facility will maintain its high standards.

\$49.99 /month
(minimum of a 6 month period)

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 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
- Equipment supplied by Life Fitness & Hammer Strength International
- Certified weight trainers (BCRPA) to help you reach individual goals
- Massage Therapy Physio on site
- River Rafting in Wells Gray Park

Short Term Options

\$12/drop-in \$34.99 /single week \$69.99/single month 3 month: \$169.99

In order to access the gym, a \$30 FOB Key is necessary for all (\$20 upon returning it). We recommend guests to keep FOB Key if considering later gym use (easy, no reactivation fee).