



# 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 - \$30

## Membership Options

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

A membership fee is required on all new memberships and includes a one hour consultation with a certified weight trainer. This fee is paid at the start of a membership and never has to be paid again. This enrolment fee is your assurance that this facility will maintain its high standards.

**\$49.99 /month for 6 month**

**\$44.99/month for 1 year**

**ONLY \$39.99/month for 2 years**

Also ask management about our seniors (over 65) and Student Specials

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!**

## Non Membership Options

### Shorter Terms

\$12/drop-in      \$29.99/week      \$64.99/month      3 month pass: \$164.99

In order to access the gym a FOB Key costing \$30 is necessary (\$20 upon returning it).

We recommend guests to keep FOB Key if they are considering later gym use (easy reactivation).